

MY TESTAMENT OF HEALING

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CONTENTS

CHAP	PAGE
THE PURPOSE OF THIS BOOK . . .	7
I WHAT PATIENTS TELL THE DOCTOR . . .	11
II HOW TO INTERVIEW PATIENTS . . .	21
III HOW I DIAGNOSE CASES . . .	27
IV HOW TO GUIDE THE PATIENT . . .	35
V MEDICINES AND THEIR USES . . .	45
VI THOUGHTS ON MEDICATION . . .	56
VII HOMŒOPATHIC MEDICINES AND HOMŒOPATHIC TREATMENT . . .	66
VIII MISTAKES MADE IN HOMŒOPATHIC PRESCRIBING	78
IX PSYCHOLOGICAL TREATMENT . . .	82
X CURES BY COMMON SENSE . . .	87
XI THE MISUSE OF SURGERY . . .	91
XII THE PROBLEM OF DIET. THE QUESTION OF ALUMINIUM . . .	107
XIII PROFESSIONAL FEES . . .	122
XIV HOW TO STUDY THE ART OF HEALING	126
XV CHRONIC RHEUMATISM AND GENERAL WEAKNESS	137
XVI A VERY BAD CASE OF TUBERCULOSIS . . .	146
XVII A VARIETY OF COMPLAINTS . . .	159
XVIII SEPTICITY AND PYROGEN . . .	176
XIX SOME CASES OF DEAFNESS . . .	180
XX SOME PROSTATE CASES . . .	191
XXI SOME EYE CASES . . .	201
XXII HOW TO TREAT SKIN DISEASE . . .	209

CHAP.		PAGE
XXIII	DIABETES AND INSULIN . . .	220
XXIV	A CASE OF MENIERE'S DISEASE . . .	228
XXV	A BAD CASE OF PROLAPSE, SLEEPLESSNESS AND OBESITY . . .	232
XXVI	HEART AFFECTION, SERIOUS BRONCHITIS, OBESITY AND STROKE . . .	240
XXVII	"A GERM IN THE KIDNEY." THE CASE OF MRS. M'S SERVANT . . .	245
XXVIII	"THREE MONTHS TO LIVE." A COMPLETE CURE	248
XXIX	SOME INTERESTING CANCER CASES AND CANCER CURES . . .	260
XXX	SOME SURGICAL CASES CURED BY MEDICINE. FISTULA, DUODENAL ULCER, UNHEALING WOUNDS . . .	294
XXXI	FREQUENT MISCARRIAGES . . .	307
XXXII	A FOX TERRIER'S HEART DISEASE . . .	318
	APPENDIX: THE MYSTERIES OF HOMOEOPATHY	327

THE PURPOSE OF THIS BOOK

MY father was an excellent doctor of the orthodox school. He was a man of unusual ability, he was much sought after, he loved his work, and his success brought him an enormous number of patients. He worked unremittingly.

After a very short honeymoon he worked year after year, for twenty-five years, without taking a holiday. His only recreation was taken on Sundays. When he was a little more than fifty his health gave way. He died when I was a youth, and during his last few days he frequently expressed deep regret that he could not hand on his accumulated experience to other doctors. He had a profound contempt of orthodox text-books, which are purely theoretical.

Late in life I started studying medicine seriously. Through the kindness of Sir W. Arbuthnot Lane, the famous surgeon, I was allowed to make use of the magnificent library of the Royal Society of Medicine in London, and for years I studied every branch of the art of healing. I discovered that the vast majority of medical books are unhelpful because they are written, not by practical men but by teachers of some medical branch or other, and by specialists who know little except their speciality. Teachers of medicine are, as a rule, men of theory. Physicians of ability have no time for writing. My father did not write a single article or book, although he was an able writer. He had not the time, and he had no secretary. He saw from fifty to ninety patients a day, working from 8 o'clock in the morning until 8 at night or longer. At the end of the day he was completely exhausted.

I have met many doctors and surgeons of eminence, and many of them are my friends. I have urged a number of them to put down their experiences in writing, but I have failed in every case. Most eminent doctors work unremittingly as long as they can, and

at the end they either fall ill and die, as did my father, or they retire to a life of leisure and ease. If they write anything, they write chatty books of social interest, essays and novels. Thus the accumulated experience of the great healers is lost after their death.

Like my father, I love the art of healing, and I may say that I have been highly successful in it through the recommendations of my patients. One of my first patients was a case of cancer. He lived in Swansea and had been examined during four days at the Swansea General Hospital. His wife had been told that her husband suffered from inoperable cancer of bowel and bladder, and that he had only a week to live. She appealed to me for help. He got completely well, and he sent me forty or fifty patients. Other patients sent me twenty or thirty patients, and the flood is steadily rising.

I have not taken a proper holiday for years. I love my work too well, and I keep fit by taking energetic exercise in the hills every week-end. I have a very large clientèle. The number of my patients has increased from year to year, and I now require three efficient secretaries to assist me in my professional work.

I have often thought of the great regret expressed by my father that his experience would be lost to the medical profession. I have frequently been urged by patients to teach my methods so that I should have a successor or successors, but unfortunately I have not the time for teaching. I have scarcely time enough for my meals and sleep. I hardly ever go to theatres or concerts.

Formerly the teaching of medicine was almost purely practical. Doctors took apprentices who accompanied them on their rounds, who helped them in their consulting-rooms and in their surgeries, who assisted in operations, etc., and thus the methods evolved by a healer were passed on to others. Medical apprenticeship has disappeared. Modern medicine has become more and more scientific, which means that it has become theoretical. It has become completely soulless. From my point of view this is a disaster.

The vast majority of medical books describe diseases in the abstract but do not describe individual cases in detail. Every young doctor learns the art of healing only by experience, often to the hurt of his patients. These considerations have produced in me the desire to describe in full detail a large number of my cures so that doctors, lay healers and the people in general may profit from my experience.

In my book, *New Lives for Old—How to Cure the Incurable*, which was published a few years ago by John Murray, I have described a large number of my cures somewhat briefly, perhaps too briefly to enable those who wish to study my methods to adopt them. In the present book I describe a smaller number of cures in full detail, in the hope that practitioners and others will learn something truly useful.

Possibly this will be my last book. I am getting on in years—I am nearly seventy—and I am so overwhelmed with healing work that I have little time for anything else. In order to be able to produce this book, I have engaged a fourth secretary to whom I dictate after dinner at my flat. I would recommend all medical men who wish to publish something, to dictate rather than to write.

I hope that many of my readers, both professional and lay, will experiment with the methods of treatment which I use and which have proved so successful. Both professional men and laymen can do a vast amount of good by using the diagnostic methods, the diet and the medical treatment described in these pages.

The use of homœopathic medicines is difficult. While the orthodox doctor very frequently employs only a few favourite drugs, the skilled homœopath uses about a thousand drugs. Intensive and unending study of the *materia medica* is required in order to be able to prescribe homœopathically with fullest knowledge. At the end of this book I have given some brief indications which will help those who wish to take up the study of homœopathy or to use it without delay. This art of healing is difficult to learn but its results are very wonderful.

10 MY TESTAMENT OF HEALING

A few chapters of this book have previously been published in "Heal Thyself" (*The Homœopathic World*), of which I am the editor. I would thank the Homœopathic Publishing Company, who are the publishers of that magazine, for their kindness in allowing me to reprint the same.

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CHAPTER I

WHAT PATIENTS TELL THE DOCTOR

THE evidence of witnesses in a Court of Law is extremely unreliable. Most people are unobservant, and very frequently they report wrongly what they have heard or seen. Besides, memory plays extraordinary tricks. For instance, if a man has had a vivid dream of some occurrence, he may imagine that the occurrence which took place in a dream had taken place in real life. Therefore the evidence of witnesses has to be criticised and sifted with the utmost care. The evidence of a patient is still more unreliable. Patients report only what they wish to report, and not infrequently deliberately mislead the practitioner by false statements or by omitting very important facts.

Many people, especially women, are very loyal, and they wish to shield their husbands. It is very important to know the character of relations between husband and wife, between parents and children. Very frequently the cause of illness is to be found, not in some physical fact or anomaly which can be ascertained by the usual medical methods, but by studying extremely important sentimental facts. After all, the mind rules the body although the mind is, of course, greatly influenced by physical factors, especially by ill health and suffering.

Sex relations are very important. If a woman does not love her husband, and if intimacy is disagreeable or hateful to her, then she is apt to produce for her protection some sex disease or disorder which makes physical relations unpleasant or impossible. Some women produce some disease or disorder of the sex organs, and others produce violent cramps which make intimacy impossible.

Some time ago a woman came to me with a grave disorder of the sex organs. Very naturally I asked her

whether she was happy with her husband. She said, without enthusiasm, "Yes, we are quite happy." However, she flinched when I looked hard at her, and I felt certain that she had made a deliberate misstatement in order to shield her husband. Keeping my eyes on her I asked: "Are you *really* happy?" Noticing my searching glance she thought it necessary to modify her statement, and said: "Of course we have our differences like all married people." Looking at her closely I ventured to ask: "Does your husband beat you?" She blushed scarlet, and whispered, "Yes, he does."

Another time a woman came to me who suffered from paralysis agitans. She professed that she was very happy at home, and deceived me. Two or three months after she visited me again. I found that her progress had been quite inadequate. So I asked her once more about her relations with her husband. "Are you really happy at home, thoroughly happy, completely happy?" She was unable to look me in the face, and hesitatingly told me that she was not at all happy. Her husband spent all his time outside the home, where he only slept. He allowed her only fifteen shillings a week for the household, and the poor suffering woman had to take in lodgers and work hard to make both ends meet, while her husband spent his time at clubs and hotels spending money lavishly.

A woman over fifty came to me complaining about rheumatism. She was very happy at home, and she came with her husband, who was most anxious that she should be cured. All my attempts to cure her proved unavailing, so I asked her to visit me again because I wished to reconsider her case. She told me that she had followed my diet, taken my medicines, but that she was no better. I enquired: "Have you told me everything about your physical condition?" She answered: "I have told you everything there is to be told." I then enquired: "Have you any trouble with the bladder?" She looked confused, and said: "Yes. I have." "And what is the bladder trouble?" — "I cannot hold my water. I must fly to the apartment every half-hour or so." — "But why did you not tell me this when I interrogated you the first time?" The

woman, who was a grandmother, said in a low voice: "I was ashamed!" I replied: "As your bladder has such a poor holding capacity I suppose you take practically no liquid. You certainly do not take the liquid which I ordered you to take in my directions." — "That is quite true." — "As you do not take sufficient liquid, your blood has become thick, you are constipated, and the result has been the rheumatism of which you complained and which I have tried in vain to cure because you have misled me."

Men who have contracted an infectious disease before marriage rarely tell their wives. If one suspects that a woman has been infected by her husband, or that the children have inherited an infection from the father, one must take the husband or father aside and put the necessary searching questions, after having pointed out the extreme importance of being given a true and reliable statement. Frequently one is told: "Yes, I had gonorrhœa or syphilis before my marriage, but my wife does not know anything about it. Please do not tell her." Such a statement is very helpful. In other cases people deny the fact, although that denial may have disastrous consequences to the wife or children whom one wishes to treat.

An actress came to me and wished for constitutional treatment. She had led a very wild life, and told me with frankness about her numerous mistakes and adventures. She told me that she would confess everything with the utmost frankness, withholding nothing. I treated her for four years quite successfully. After four years' treatment she told me casually: "I have never told you that I contracted syphilis six or seven years ago. I suppose I ought to have mentioned this to you."

A business man consulted me. He was not satisfied with his doctor. The orthodox diagnosis was cancer. The man had lost about two stone, was terribly jaundiced and deeply depressed. At a casual glance he looked like a typical cancer case. One must examine patients not only with the eyes, ears and fingers, but also with one's nose. The man had a horrible breath, the kind of breath which one finds in drunkards. I

asked him: "Do you take much alcohol?" He replied: "Oh, no, I only take occasionally a glass of very mild beer." There was, of course, the possibility that the horrible breath was due to indigestion, cancer in the stomach, sepsis in the mouth, chronic constipation, etc. When people are very ill they are usually accompanied by their wives or husbands when seeking medical advice. When the interview was over the pair left me. The wife had deliberately left her umbrella. When her husband was downstairs she flew up the stairs to get it, and said to me: "My husband drinks like a fish." — "And what does he drink?" — "Anything and everything, particularly spirits, and in enormous quantities."

Patients do not wish to be told the truth by their doctors, they wish to be told a pleasant truth. They often withhold the fact that they have violent pain, that they live in the fear of cancer or insanity or paralysis, and they do not mention the fact that in their family there has been insanity, paralysis or cancer. Frequently patients say: "I come from extremely healthy stock. All my people died of old age." If one enquires into the details one may find that the father died at 42 of tuberculosis, and the mother at 56 of cancer of the breast, and that the family is thoroughly unsound.

People are apt to complain, not about important matters which affect the body, but about unimportant matters which affect their appearance and their comfort. A good-looking woman will only mention persistent rash on the face, or a red nose, or pimples on the chin, or a developing beard, or malodorous perspiration, although in reality she may suffer from the most violent indigestion, severe trouble at period-time, extreme weakness and so forth. Most people are horribly ashamed if they are afflicted with evil-smelling foot sweat. I had treated for two years a lady, sixty years of age, for a large fibroid tumour in the womb, arthritis and other troubles. When the arthritic swellings of her wrists and fingers had vastly improved, I asked her whether she was satisfied with her feet. She was not at all satisfied with her feet, in fact she was

ashamed of them. They were also arthritic, but she did not wish me to look at them. I insisted upon her taking off her shoes and stockings. I then noticed for the first time that she had horribly malodorous feet, which indicated that she needed Silica for constitutional reasons. Silica is a wonderful remedy, with the help of which one can cure malodorous foot sweat, even if it has been in existence for half a century. Incidentally, Silica is an excellent remedy for fibroid tumours of the womb, and other hard tumours. I ought to have treated the woman with Silica from the very beginning, but I had failed to do so because the patient had kept an essential fact from me to her injury. Of course, I myself was to blame. I should have insisted upon the woman undressing completely at the time of the first examination.

One must be particularly careful in accepting statements made by letter. Very frequently patients will complain in writing: "I have a pain in the chest." When one asks in which part of the chest, they may point to a spot deep below the navel. People will enquire in their letters: "What can I do? I have a pain in the right side," without specifying the exact spot. A pain in the right side may be in the right lung, in the liver, in the right kidney, in the appendix, in the gall bladder, in the cæcum, in the right ovary, etc. Occasionally one gets an enquiry by letter in which the patient writes: "I have it in the stomach. What should I do?" or: "I have it in the leg. Can you send me some medicine?" An ignorant poor soul wrote to me: "I feel funny inside. I am sure you will know what I mean. Please send me some of your wonderful remedies."

Many patients do not wish to have awkward questions put to them. In order to avoid cross-examination, they prepare themselves for the interview. They talk and talk and talk, without giving the prescriber an opportunity to ask a single question. Their statements are mostly irrelevant, and suddenly they look at their watch, and say: "I must be flying," and leave the consulting-room triumphantly because they have told only

what they wished to tell, misleading the individual whose aid they have sought.

A wealthy woman, Mrs. K., came to me time after time, asking me for help. She talked and talked and talked, brushed away my questions, and when I tried to put a question edgewise, she rushed away to her car. I had to give her up as hopeless.

Before asking a patient very awkward questions such as: "Are you happy at home? What is the nature of your sex relations, etc.?" one must explain that it is necessary to ask these unpleasant questions for the good of the patient. One must not hesitate to say: "The body of a woman is built around the sex organs. Therefore sex relations are extremely important. Are you strongly sexed, or indifferent? Is your married life satisfactory or unsatisfactory?" One must be extremely gentle with the suffering people who come to seek one's help. A man or a woman will confess mistakes, and will say: "I am horribly vicious. I do so and so." One must encourage them to tell all there is to tell, and one must, of course, never betray the confidence which one has received from one's patients. The doctor's consulting-room should be like the confessional of the priest. When one has tactfully prepared the patient, and has asked him or her for the truth, the whole truth and nothing but the truth, when one has made it clear to the patient that it is essential that everything should be told without any reserve, then the patient will be truthful, as a rule, and extremely grateful, and will feel very happy when the troubles which have weighed upon him or her are shared by an able adviser.

Some years ago a man came to me who suffered from tuberculosis of the face. The bony structure of the nose had been eaten away. He had been treated in vain for ten years by orthodox practitioners and specialists. At last he came to me. I asked him for the fullest statement of all the facts, and he told me much that was of value and he improved greatly under my treatment. After a full year, during which he had frequently visited me, he found the courage to tell me: "Although you have helped me greatly with my nose

and general health, I am afraid you will never cure me completely for I know I have cancer." All the time while he was under my care he had suffered acutely from the fear of cancer. I laughingly replied: "No, you have not a cancer, you have dozens of cancers. There is cancer in every finger-tip and every toe, one can count them by the dozen." I laughed his fears away and he was very grateful.

Tuberculosis is very frequently caused or aggravated by under-nutrition, or by heavy bleeding and other losses of body fluids which weaken the constitution as a whole. The man with the tuberculous nose suffered severely from involuntary seminal emissions which occurred every night. They exhausted him and drove him to despair, but, being very shy and girlish, he never mentioned the matter for many months. At last he told me about his trouble, blushing scarlet. I scolded him for not having told me long ago, and in two or three weeks that trouble was permanently cured with diluted Phosphoric Acid and decoction of China Bark.

Doctors are well aware that statements of patients cannot be relied upon. Many doctors scarcely listen to their patients, and if they report unusual symptoms, brush them aside as if they were purely imaginary. It is true that there are people who suffer largely from imaginary diseases, but there is, as a rule, a very substantial basis of reality, notwithstanding the more or less romantic excrescences. It is a terrible mistake to disregard the statements of patients, or to waive them aside. Many doctors have been taught that the statements of patients are not worth listening to, that they should rely on the scientific evidence obtainable during the orthodox examination with stethoscope, electrocardiograph, and other instruments and appliances. The most essential facts cannot be ascertained by the machinery of the consulting-room and the laboratory, which has been created largely to impress the gullible. I have found interrogation infinitely more valuable, and I have discarded practically all instruments. Even the X-ray photographs are often of very little value, except to the surgeon.

Some patients deliberately deceive the practitioner, others deceive themselves and the practitioner as well. As long as a patient has strong muscles, he imagines he is perfectly well. A woman will say: "I am not really ill, I play tennis, dance and swim, but I have terrible periods and have to go to bed for a week. I am very healthy and strong." Such patients disregard the fact that organ strength is infinitely more important than muscle strength, and they will go on until they are at death's door.

Some years ago a very vigorous woman came to me and told me: "I have not been to a doctor for twenty years. Last year I discovered a little lump in my breast. I did not want to go to the doctor because I was afraid he would urge an operation, so I massaged it away." The unfortunate woman had had a small cancer, which would certainly have been excised by the surgeon if she had gone to an orthodox practitioner. Very likely it could have been cured by dietetic and homœopathic treatment, if she had sought expert aid. She had massaged the little lump away, and had spread the disease all over the body. She suffered from what is called "Cancer en cuirasse," a somewhat rare form of cancer. Her chest, abdomen and back, and part of of the legs and arms were covered with a skin similar to that of an elephant. She had a magnificent physique, she could walk twenty miles, but she had ruined herself by her rashness. That is not the only case where a woman patient of mine has spread cancer all over the body by massaging away a small cancerous growth. Nature in her wisdom tries to isolate the disease, and people are foolish enough to interfere and to destroy the beneficent action of the body.

A friend of mine, the editor of one of the monthlies, was a man of exceptional physique. He was an excellent boxer, skater, dancer, tennis-player, swimmer, cyclist, rider. Often he told me that during twenty-four hours he had played so many sets of tennis, danced all night, swum in the morning, and gone to work after only an hour or two of sleep. I saw Mr. S. frequently and noticed that he was getting rather pale and jaundiced, and he had tell-tale bags under the eyes,

which suggested kidney disease. I frequently warned him of danger. Whenever I expressed my doubt about his physical condition, he told me laughingly that he never went to a doctor, and gave me an account of the feats of muscular endurance which he had performed during the last few days. One day he collapsed at his office, his secretary rushed for a doctor, specialists were summoned from all over the country, within a week that magnificent specimen of humanity had died of uræmia. The kidneys had stopped functioning, and the urine instead of being discharged by the bladder, was discharged into the blood. Thus the poor fellow died of blood poisoning when about fifty. He ought to have lived to a hundred.

People who suffer from high blood pressure and are drifting towards an apoplectic stroke very frequently look the picture of health. They often have a marvellous complexion, but their face is apt to be too red, and they usually have a very short, red and thick neck. Such people are apt to disregard all warnings because they look the picture of health, and because they frequently are muscularly strong. Occasionally they admit that they have a dull headache at the back of the head, that they feel giddy when getting out of bed, that their memory is not as good as it was, but they refuse to admit that they are ill or ailing. Such a man will go to the doctor because he has a slight rash, or a slightly enlarged prostate or some other unimportant trouble, but he will not mention the tell-tale symptoms of impending disaster, even if he has a vague feeling that he cannot go on much longer. Such people deliberately deceive themselves and the practitioners whom they consult.

Some years ago an obese barrister about 45 years old, who lived on the fat of the land, smoked big cigars and drank the best of wines, told me: "I am going to get married in three weeks." I replied: "I am very sorry to hear it. You are not in a physical condition to marry. If I were in your place I should get my blood pressure down, and marry in six months' time." He answered: "I have never felt in better condition, and I am very happy." He married on the appointed day,

and two or three weeks after he had a stroke from which he died.

There are the plethoric, who are in danger of a stroke, and there are others of a pale and jaundiced type who also suffer from hardened arteries which are liable to burst, producing a clot of blood in the brain. At one time I used to go for long walks in the direction of Haslemere. At Haslemere there was a charming little hotel kept by a widow and her daughter, where I got a delicious dinner. The lady of the house was pale and jaundiced, and she had distinct signs of high blood pressure. She told me that she had had a slight stroke-like attack. She worked in a terribly hot kitchen and lived on an incredible diet. When still in bed she drank a pot of boiling hot tea, extremely strong. During the course of the day she ate prodigious quantities of meat, which was made still more dangerous for her by large quantities of pepper, mustard and salt. She whipped her flagging system with large quantities of alcohol, and she was badly constipated. She consulted me about her health in a friendly manner, and I advised her to regulate her bowel and live on a cooling, eliminating and blood-thinning diet, warning her of the danger of a severe stroke.

Week after week I saw the woman, and she always told me: "I have had no time to start on your diet. I will do so one of these days." One Sunday she told me: "I slept very badly last night, and I thought very seriously all the time about your warnings. I have made up my mind that at last I am going to adopt your diet. Please tell me again what you wish me to do." I gave her all the necessary information. On the next Sunday I had the usual pleasant dinner, and asked the waitress: "Is your mistress away from Haslemere? I have not seen her to-day." The girl replied: "Don't you know that she has died? She died last Sunday two hours after you had left."

CHAPTER II

HOW TO INTERVIEW PATIENTS

WHETHER a doctor or lay healer will succeed in curing his patients, or whether he will fail lamentably, depends very largely on the first interview. If the prescriber succeeds in obtaining the confidence of the sick man or woman at once, he will have made a most excellent beginning.

Unfortunately, the attitude of many practitioners is not favourable to their success. Medical students are taught very little of practical value, but they are taught a superabundance of theory, miscalled science. They have to learn by rote countless facts which they can recite at exams., but their ability to do this does not show that they have medical knowledge, medical ability, or healing power. Their ability to pass an exam, merely shows that they have a good memory. A man may have an excellent memory and no judgment. On the other hand, he may possess extraordinary healing power, and have little or no memory.

The orthodox doctor, having been nurtured on so-called science, tries to adopt towards his patients a scientific attitude, which frequently deters them. Many doctors wish to make a scientific diagnosis based on exact facts, such as the facts ascertainable by the stethoscope and other instruments, and by the finding of the laboratories which analyse the patient's secretions and excretions. The scientific doctor looks impersonally at the patient, and scarcely listens to his complaints, because they may be imaginary or largely imaginary. The patient who is unfortunate enough to consult a man of this character may be greatly impressed by scientific instruments such as microscopes and test-tubes displayed in the consulting-room, and by numerous weird and apparently expensive appliances employed by the medical man when examining

him. However, although the patient may be impressed by the use of the stethoscope, the electrocardiograph, by the appliance employed for measuring blood pressure, etc., he will sense keenly whether the physician takes a human interest in him and in his troubles, and if the physician is unfortunate enough to pose as a man of science, and to see in the patient not a suffering human being, desirous of sympathy, but a specimen to be studied impersonally, then a grave injury has been done to the patient, who leaves the consulting-room with a feeling of profound depression or worse.

Hope is the finest tonic. The consulting-room should neither look, nor smell, like a laboratory or an operating theatre. If the door is opened by a nurse or by a servant dressed up as a nurse in spotless white, the patient is reminded of the hospital, and if there is a faint smell of anæsthetic or antiseptic about, the depression of the patient is increased still further.

I make it a principle to cheer up my patients. It has been helpful time after time with a patient who has come to me immediately or soon after a depressing interview with a specialist. The consultant frequently tells the patient in the kindest possible way: "I am afraid, little, if anything, can be done for you. Go home and make yourself as comfortable as you can." If a patient who has been told this terrible news comes to me, I feel it my bounden duty to express my dissent with considerable vigour, and to illustrate it with some suitable reminiscence. I say, for instance: "From my point of view there are no incurable diseases. I have been fortunate enough to cure numerous patients who came to me with a diagnosis of some disease pronounced absolutely incurable."

"One of the most striking instances of the cure of an apparently incurable case is the following. I occasionally buy some special bread from a baker living in the neighbourhood of Fitzroy Square. Years ago the baker looked terribly distressed, and he told me with tears in his eyes that his little boy had been knocked down by a motor-car. The bonnet of the car had hit the boy on the head. The bonnet had buckled, and so had the head of the little boy. 'He cannot see

or hear, he cannot speak, he cannot control bowels and bladder. All is over!' The man wept. I replied: 'Is the boy dead?' — 'No, he is alive,' I replied: 'Where there is life, there is hope.' This interview occurred a few years ago. The boy is now a sturdy youth, and is quite normal. Nature cured this apparently incurable case by reorganising the gravely injured brain."

My consulting-room is probably the most cheerful and the most elegant consulting-room in London. It is extremely lofty, very large and well proportioned. It was the ballroom of the mansion. It has huge windows which give an uninterrupted view of Regent's Park. The room is filled with the choicest furniture, pictures, carpets, etc.—is a delight to look at. The chairs are the most comfortable I could find, there is an abundance of flowers in the room, and an atmosphere of comfort and happiness which nine patients out of ten sense as soon as they enter it.

If a patient tells me: "I suffer from such and such an incurable disease," I am apt to retort: "There are no incurable diseases except one" — "And which is that disease?" — "Stupidity. Text-book diseases exist only in the text-books. The problem does not consist in diagnosing your disease, which means putting a Latin label to your complaint, but finding the cause of your trouble. That cause is not to be found with scientific instruments, but by other means."

First of all I have to ascertain the medical inheritance of my patient, and the strain which runs through his family. I enquire into the diseases of his parents, and of their children, of uncles, aunts and grandparents if possible, and I enquire into the health of my patient's wife or husband, and of their children. If I find that there is a lung weakness, or a heart weakness running through the family, I treat the patient before me for that weakness, whether he complains of it or not.

In most consulting-rooms the interview is strictly business-like, and is limited to the investigation of the patient's complaint. I wish my patients to be comfortable and at ease. If they are tired, I offer them some suitable refreshment. If they are nervous I offer them

a good cigarette. If they are cold I warm them, and I give them immediately a suitable sedative or tonic if it seems called for. Further, I encourage my patients to talk about extraneous matters which worry them, and after a very little while there is a pleasant relationship established between patient and prescriber.

Many doctors and surgeons become automata in their work. This is particularly the case with consultants who say twenty or thirty times a day: "Your tonsils must come out," etc. Even the dullest individual feels instinctively whether the prescriber takes a personal interest in him or not.

Scientific or thorough examination is often extremely cruel to the patient. It is far more important to gain his confidence than to obtain the most thorough knowledge of his constitution and physical disabilities. Very frequently I hardly examine the patient at all at the first interview, but merely ascertain his human sufferings and desires, but I am most anxious to discover immediately the cause of his complaint. It is perfectly obvious that a man suffers from diabetes if his urine has been analysed a number of times and there has been an unduly high percentage of sugar. It is most important to discover *why* the man suffers from diabetes. He may have followed a faulty diet. He may have had some terrible nervous shock, grief, worry, or other trouble, or his complaint may be due to chronic constipation and auto-intoxication, to injury of the pancreas, and so forth and so on.

The most important facts relating to the patient are discovered, not by what is called a scientific examination, but by a careful interrogation, which is usually omitted by medical and surgical practitioners. Among the things which are neglected is the important factor of diet. The worldly-wise practitioners know that patients like to follow their usual diet. A man who takes large quantities of pepper, salt, alcohol, tobacco, or who takes boiling hot drink, is very frequently vaguely told: "You had better restrict the number of your cigarettes or cigars, you had better take less alcohol." So the patient goes on with his faulty diet. to his harm.

The average patient, if asked about his diet, frequently replies: "I eat just the ordinary kind of food that everyone else eats." I have found it a good plan to take down in full detail everything the patient eats and drinks. I ask: "What do you take before breakfast. What do you have for breakfast? Do you take tea hot or very hot, strong or very strong? How much sugar and how much milk do you put into the cup? Do you chew thoroughly, or do you bolt your food? Do you take thick or thin butter on your bread? How much salt do you use with your egg, how much mustard with your beef, and how much pepper do you use? Do you inhale, and is your pipe clean or dirty. How do you clean your pipe? How many baths do you take? What exercise do you take, and what salt do you use in the kitchen and at the table? Have you a water softener, and what disinfectants do you employ?" and so forth and so on.

After the interrogation, I am told nine times out of ten, "I have never been so thoroughly investigated in all my life. I have never been asked so many questions." The whole diet of the patient is written down during the interrogation, for then only can one see the mistakes made by the patient.

Occasionally a patient confesses that he takes from twelve to sixteen cups of tea a day, boiling hot, as black as ink, with five or six pieces of sugar in each cup. "I like it," he says. I reply: "So you take a pound and a half of white sugar in your tea alone. This is an excellent way to produce diabetes, hyper-acidity and other troubles." I then regulate the intake of the patient, strictly and in writing, and tell him what diet I wish him to follow, and, if I give him bran dishes, of which he may never have heard, I immediately give him samples which he takes in my presence, in order to convince him that bran porridge, bran cake, bran biscuits, etc., are extremely palatable if properly made.

Many practitioners are satisfied to treat patients for that particular complaint for which they are consulted. I never act so unwisely. If a patient comes to me complaining, let us say, about enlarged tonsils, I explain to him immediately that the tonsils are a

relatively unimportant part of the body, and that I wish to examine the body as a whole. Very frequently I insist upon the patient undressing completely in order to find out what is wrong with him or her.

Some time ago a hard-working woman consulted me because of weakness. She lived in Bristol, and had consulted a number of doctors and specialists. They had felt her pulse, looked at her tongue, had sounded her chest, and had prescribed the usual tonics, such as iron and quinine, iron and strychnine, iron and arsenic, etc., without any favourable result. So she had come to me. The usual interrogation had not yielded sufficient facts to elucidate her case. I therefore asked her to undress completely. As soon as she was undressed I noticed that she had a large tumour in the womb, which explained her weakness. Strange to say, the existence of that tumour had been overlooked by a number of doctors and consultants.

A patient who suffers from some complaint of the stomach, of the womb, or some other organ, should be examined unclothed. If there is some defect such as crumpled-up toes, or some other painful affliction of the feet, the strain on the painful foot may be neutralised by the patient bending over to the other side, and continued bending is apt to throw the whole body out of gear. It may throw the spine out of its right position, and may produce strain on stomach, womb, or other organs. Such a patient can be cured only by attending to his feet.

CHAPTER III

HOW I DIAGNOSE CASES

THE orthodox form of diagnosis is, from my point of view, faulty. The orthodox doctor and specialist endeavours to discover the name of the text-book disease with which his patient is afflicted. As there are no standardised diseases except in the text-books, the attempt to diagnose the case and to treat the patient on the basis of that diagnosis seems to be not merely faulty, but ridiculous.

If I am consulted, I do not wish to make an exact diagnosis of the so-called disease, but I wish to discover the causation of the disease. I therefore examine carefully the patient's medical inheritance on both sides of the family, the faults he has made as regards diet, exercise, sex relations, and so forth and so on, and if I find, for instance, that a patient who, according to the specialists, suffers from some rare disease of the pancreas or other organ, takes twenty cups of strong, boiling-hot tea with five or six pieces of white sugar in each, I form the diagnosis that the patient suffers very largely from too much strong tea and too much white sugar. That, of course, is a "disease" which is not mentioned in the text-books. I normalise his diet and see what happens.

Of course one must take a very comprehensive view of a case. It is not sufficient that I find out that a patient takes an enormous quantity of strong tea, or too little water, or too much or too little exercise, etc., but I wish to find out whether there are indications of some serious disease known to medical science. The tests made in order to discover whether a patient suffers from syphilis, gonorrhœa, tuberculosis, a growth in the bladder, etc., are expensive, dangerous and more or less inconclusive. Besides, it is extremely risky to give patients the orthodox treatment for tuber-

culosis, syphilis, etc., because these treatments are very searching and involve grave risks to health and even to life.

If I wish to find out whether a man suffers from syphilis, I do not ask that a Wassermann Test should be taken, that the spinal fluid should be examined, etc.,—many people have been crippled for life by attempting to draw off part of the spinal fluid—but I use safer and more reliable methods. It has happened many times that an individual has come to me with disseminated sclerosis called in plain English, creeping paralysis, or some other disease where I suspected inherited syphilis. Naturally I ask the patient whether he has had an infection, and his reply may be in the negative. Then I enquire whether, as far as he knows, one of his parents had syphilis.

Men who have syphilis rarely tell their wives and children. If there has been syphilis in the second or third generation, the Wassermann Test for syphilis is usually negative. I have had people come to me with disseminated sclerosis who told me that the Wassermann Test for syphilis had been done several times, and that it had always been negative. I never accept anyone's diagnosis, however distinguished the diagnostician may be. I give such a patient a dose of Syphilinum in the 200th potency once a week. If the patient has a syphilitic taint, he will in practically every instance react vigorously in one way or another. He will either feel ill the day after he has taken the dose, exactly as patients get serum sickness and fever after an injection, or he will tell me that after taking the dose of Syphilinum he slept wonderfully well, and the next day he could walk much better and felt an entirely new man.

Some years ago a clergyman came to me in despair. He had been extremely ill, had become very weak, had lost his memory, could no longer preach, and he had been given a long holiday and had been told that, unless he recovered promptly, he would be pensioned off. He loved his work, and the pension was very small. I tried various medicines on him and a diet, but the result was not satisfactory. He had led a blameless

life, and had never had a sex infection. His parents had been very respectable, and he denied with energy the possibility of an inherited sex disease. His condition was worse at night than in the daytime. As syphilitics suffer more at night than during the day, I sent him Syphilinum 200, a dose to be taken once a week. The man immediately improved strikingly, and after two or three doses he implored me to give him the mysterious medicine which had done him so much good not merely once but twice a week. Of course I never told him the name of the wonderful medicine, notwithstanding his frequent enquiries.

Tuberculosis is extremely frequent. When bodies are opened up in the mortuary it appears that almost a hundred per cent have tuberculous lesions in the lungs or elsewhere. As the white plague is universal, one is entitled to suspect tuberculosis in an enormous number of cases. The orthodox treatment of tuberculosis with open air, high feeding, cod-liver oil, etc., is unsatisfactory, and the orthodox treatment with tuberculin in some form or other is dangerous. In every case where I have the slightest suspicion of tuberculosis, I give Tuberculinum, or preferably Bacillinum. Tuberculinum is the modified substance of the disease while Bacillinum is the unmodified substance of the disease taken from a tuberculous lung. Wherever I find chest weakness I use Bacillinum or Tuberculinum in weekly doses. I have done so in hundreds, if not thousands, of cases. It is one of my most frequently used remedies, and its results have been marvellous. Whatever disease or disorder a patient may suffer from, if I find general weakness or chest weakness I immediately give Bacillinum once a week. That remedy is absolutely safe to use, even in children.

If a mother brings to me her young child or baby, and tells me that the little one does not flourish, does not put on weight, and looks poorly notwithstanding the best efforts of doctors and specialists, I immediately give Tuberculinum or preferably Bacillinum in weekly doses, but, of course, I never allow the mother to know what I have given. Young children and babies do not cough and bring up sputum, and very

frequently the existence of tuberculosis is extremely difficult to ascertain in the orthodox way. A few doses of Bacillinum elucidate these cases immediately. The little patient, after the first dose, either gets a temperature or fever, and is very restless, and after a day or two improvement begins, or improvement begins right away without any unpleasant reaction whatever. Of course, if the fond mother knew that I diagnosed tuberculosis, she would immediately run to the leading tuberculosis specialist and tell him with indignation that I had diagnosed tuberculosis in her lovely baby. Not unnaturally the specialist would emphatically contradict my finding, and the mother might then come to me boiling with indignation, and embark upon some other treatment which would possibly end in disaster.

Wherever there is a susceptibility to chills, and colds, chronic catarrh, sore, and septic throats, loss of weight, pallor, temperatures in the evening, heavy perspiration at night, and so forth, I immediately treat the patient for tuberculosis with Bacillinum or Tuberculinum in a high potency. That remedy has never, during my whole experience, done any harm, but it has done miraculous good in innumerable instances. Unfortunately there is a school of homœopaths who do not want to use the products of disease because they declare that these products are not homœopathic but idiopathic. I am not guided by any theory, but merely by practical considerations. My aim consists in curing patients, not in defending or following theories.

Very frequently one sees children who do not flourish. They are born with various defects, such as skin disease, running eyes, ghastly teeth, or they are dwarfed and mis-shapen, cry all the time for no obvious reason. Such children very frequently bear a syphilitic or a gonorrhœal taint, possibly in the third or fourth generation. Syphilis has an aggravation during the night, as previously mentioned, while gonorrhœa sufferers have restful nights but their troubles are worse in the daytime. Crippled, distorted and defective children can frequently be normalised with doses of Syphilinum, the syphilis poison, or Medorrhinum, the gonorrhœa poison. Protracted

cases of syphilis which have been treated or maltreated by syphilologists for years or decades in the usual manner with the most searching and most dangerous remedies can be made normal without any unfavourable symptoms or sufferings with a number of doses of Syphilinum or Medorrhinum given once a week or so. When the 200th potency of these diseases products is no longer doing good, I give, in longer intervals, the 1,000th potency, the 10,000th potency, and so forth, as a rule with the most satisfactory results. Of course, I reinforce all the disease products with those homœopathic remedies which seem indicated by the general symptoms of the patient. If he has Sulphur symptoms he is given Sulphur, if he has Silica symptoms he is given Silica, and so forth.

While the orthodox doctor endeavours to diagnose the text-book disease, although disease exists in the standardised form only in the text-books, I concentrate all my endeavours on finding the causation of the disease. Besides, I wish to diagnose not the disease but the remedy. If all the symptoms of the patient point to the fact that he needs Natrum Muriaticum, Ignatia, or Pulsatilla, I am perfectly satisfied and I give him Natrum Muriaticum, Ignatia or Pulsatilla in various potencies until he is well, and if, when cured, the patient asks me: "What was the name of my disease?" I smilingly tell him that I have not the slightest idea, and that I do not care.

I am in no way interested to know whether a patient actually has cancer or diabetes or tuberculosis. I immediately set to work without any diagnosis of the generally accepted type, and deal with his faults of living, with his medical inheritance which means with his inherited diseases, and give him the medicines which are imperiously called for by his symptoms and sufferings, and leave the rest to Providence. The results have been most gratifying. That will be clear to every reader of this book and of its predecessor, *New Lives for Old—How to Cure the Incurable*.

One must not only deal with the factors mentioned, but also with accidents and injuries. Occasionally a fall leads to wide-spread diseases and disorders. A fall

which puts a heavy strain on the spinal column causes severe strain on the big nerves issuing from the spinal column, and the result may be disorders of the digestion, malfunctioning of the heart, creeping paralysis, diabetes, etc. The orthodox doctor has no treatment for an old injury. For old injuries homœopaths use *Arnica*, *Bellis Perennis* and various other remedies. For injuries to the nerves and to the spinal column they give *Hypericum* and other remedies which it would lead too far to mention and discuss.

Among the injuries which must be considered by the careful prescriber there are not only those which are known to the patient, but also those unknown to him. Among the latter are, of course, injury to the baby at birth with the forceps, injury after birth by a clumsy nurse who may have dropped the baby, injuries to the mother when she was with child, etc. If in a difficult case I have tried in vain *Syphilinum*, *Bacillinum* and other diseases products in the hope of obtaining a reaction which would clearly show the cause of the obscure trouble, I begin to think of the possibility of injury before, during or after birth. Such injuries must particularly be suspected in cases of epilepsy. Diabetes is very frequently produced by injury to the pancreas by a fall, kick, strain, etc. If the disease products have yielded no positive reaction, then I may try the injury medicines, and if a powerful reaction one way or another results from that prescription, then I concentrate upon injury medicines, feeling confident that the disease or disorder before me is due to some injury of which the patient himself may know nothing.

A conscientious prescriber should never be deterred by text-book statements that such and such a disease is incurable. I have produced complete cures in a very large number of cases which were pronounced absolutely incurable. Whether the disease is called cancer or sarcoma or disseminated sclerosis does not matter in the slightest. Action is life, inaction means death. I have seen recovery of cancer patients who had been given a week or only a few weeks to live. Even if the condition of a patient is absolutely hopeless, it is, from

my point of view, a crime to give up and to tell him that nothing can be done. One must never deprive the patient of hope. Herein lies, probably, the reason why many patients declared incurable by the profession have recovered their health after a pilgrimage to Lourdes or some other holy place, or after treatment by suggestion and auto-suggestion, by Christian Science, by fasting, etc. I know no incurable disease. At least I have never met one so far. The patient may not recover, but every disease is, in my opinion, curable so long as the patient has adequate vitality, and vitality is destroyed by the pronouncement "incurable." Besides, even if a patient is bound to die of his disease, the prescriber must do everything in his power to improve his condition. Of every hundred cases of cancer which have come to me, ninety per cent have improved for six months or longer under judicious dietetic and medicinal treatment. About ninety per cent of all my cancer cases lose their jaundiced looks, they put on weight, they go back to business, and they flourish, sometimes for many months, sometimes for years, but cancer patients must never be allowed to know from what disease they suffer.

Some years ago an old lady came to me suffering from cancer of the breast. She had the greatest horror of breast cancer. In my opinion, and in the opinion of a very distinguished consultant, operation would have been hopeless. I kept the woman alive for years and she improved steadily, while the growth was sometimes stationary and sometimes increased sluggishly. Miss H. lived in St. Leonards, sharing a flat with a lady friend. One day she contracted a severe cold in the chest, her friend sent for an orthodox doctor, and the doctor naturally wished to examine her chest. When he saw the growth he was horrified, and he frankly told my patient that she had cancer. She notified me immediately, and was in despair. Breast cancer looks very much like another disease called Mastitis. I told her that her doctor was mistaken, that she suffered merely from chronic Mastitis, and I sent her orthodox literature to read which convinced her that she suffered from Mastitis. She lived happily

for many months, and died eventually without knowing that she suffered from cancer.

One must not only diagnose the so-called disease in the comprehensive way described, but one must also diagnose the soul of the patient. Patients are not medical students, although they may read medical books. They do not want to know that they are very ill, that their case is desperate. That applies even to doctors and surgeons. If a patient asks the prescriber: "Doctor, tell me the truth for I can bear it," the wise prescriber will not destroy the hope of the patient by telling him the truth. The patient may demand the truth, but he does not wish to hear it. He wishes to receive consolation, hope, support, and to be given confidence. If the doctor is too conscientious to tell a falsehood to a patient, then he should say: "Your disease is obscure, I cannot give it a name at present. It may be serious, it may be a triviality. One cannot tell for certain. However, considering your vitality and the fact that you have led a very sensible life, you have every chance to get well, whatever the name of the disease may be." A psychological diagnosis is far more necessary than a pathological one. If the patient is given hope, his chances are infinitely greater than if he is given a scientific diagnosis which enables him to look up his disease in the text-books.

CHAPTER IV

HOW TO GUIDE THE PATIENT

IF one wishes to cure the sick, the most important thing to do consists in making a diagnosis, but not a diagnosis of the orthodox type. Investigation of the condition of the patient by ordinary observation with the highly trained senses, reinforced with a careful interrogation, yields infinitely more valuable results than the employment of all the pseudo-scientific appliances known to modern medicine. No physical and chemical appliances are as reliable as the human brain and the five senses. If the trained analytical chemist has made every possible test known to modern chemistry, he uses his nose and tongue, and then adds to his analysis that there are 'traces' of such and such which have been discovered by tongue and nose but which were not discovered by his scientific appliances.

A very thorough investigation of the condition of the patient is the first requisite if one wishes to cure. Second in importance stands the guidance of the patient from week to week. The orthodox doctor, after having made what is called a diagnosis, is apt to give a prescription or to hand over a bottle of medicine or box of pills, and he gives in addition some advice such as: "Take it easy, do not work too hard, take more rest, do not smoke too much, take a little exercise, etc." So the patient is left without real guidance. Occasionally more exact guidance is given, and that guidance is often quite inappropriate.

Many specialists, many busy general practitioners, many hospitals and other institutions hand patients printed diet-sheets. Orthodox medicine not only has standardised diseases which are treated on standardised lines with certain specifics, but it also has evolved standardised diets which save the practitioner the

trouble to think. Some of these diet-sheets, which can be bought very cheaply, are laughable.

A number of patients have come to me on account of gastric ulcer. Ulceration of the stomach and the duodenum is usually due to devitaminised and demineralised food, to the consumption of white sugar, white bread, white flour in every form, badly cooked vegetables, ruined by the use of soda, etc. Some of my gastric ulcer cases have handed me the diet-sheets which they were given by specialists, in which they were advised to take only white bread, white flour, white sugar, and to beware of wholemeal bread, entire sugar, vegetables and fruit.

These diet-sheets are not based on experience but on theory. Doctors argue that if there is an ulcer in the stomach, it might be irritated if the patient should take rough food of any kind such as fibrous vegetables, and raw fruit may be too acid for the raw surfaces of the ulcer. In reality patients with ulcerated stomachs flourish greatly if they are given entire foods. Yet the standardised diet-sheets which I have seen forbid all natural foods, and urge the consumption of the very foods which produce gastric ulcer and which, of course, prevent their healing.

I have found it necessary in all serious cases, and most cases which come to me are extremely serious, to guide the patient from week to week on the way to health. The doctor should not merely try to prescribe this or that remedy, but he should act like a trainer of horses or of pugilists if he wishes to convert ill health into radiant health. I have found the most efficient instrument in guiding and training patients is a well-devised diet-sheet. However busy I am, I never send a patient a printed diet-sheet. Each patient is treated individually.

First of all I give a summary of the patient's condition and complaints, as established by my interrogation, which as a rule, takes at least an hour. I do this so that the patient should know the facts which I have put down. This enables the patient to check the summary of his statements or to elaborate or to correct

it. Besides, it shows him exactly what view I take of his condition, inheritance, etc.

When I started on my career I went to a number of firms which provide medical men with case-books, filing-cabinets, etc. I discovered that the orthodox way of taking a case was very defective. Some doctors use case-books which involve a great deal of writing, others keep card-cabinets. For each patient there is a card, and on the card the salient facts relating to the patient are entered. These cards do not give adequate space. Consequently the condition of the patient is dealt with very summarily, and the result is that the practitioner does not possess an adequate picture of the patient.

I have no time to write up case-books or to fill in cards. I dictate at top speed to my secretaries my findings and my directions, and ask the more serious cases to report to me once a week in writing. I keep files of correspondence. I get the history of the patient during my treatment in his own words, and in going through the file of correspondence I can see how his condition has developed from week to week and from month to month. Moreover I have photographs not touched up by the photographer, sent to me immediately after an interview, so that I have a record of the patient's appearance. This is particularly valuable if the patient lives at a distance and if the practitioner does not possess a very good memory. There is also a practical advantage in having the history of a patient's treatment in his own words. If a patient should complain that he has not benefited, then one can tell him: "According to your correspondence you have gained so many pounds and you have told me repeatedly that you felt vastly better, that your heart action had greatly improved, etc." The correspondence files protect one against trickery.

I would now give an example of my directions which I send to patients after an interview.

On the 10th June, 1937, I was visited by Miss W., who lived near Birmingham. I have described her case in full in another chapter of this book, and I have some pictures of the patient, one taken immediately

after the first interview, and others taken later on. In my directions dated 10th June, I wrote as follows:

"You are 18 years old. Your father is a draughtsman. There are four children, the other three are 16, 15 and 11, and they are in fairly good health. You have come to me complaining about swollen and painful glands in the abdomen in the right side, in the neighbourhood of the appendix. Towards the end of last year, a doctor and surgeon made the diagnosis that you had appendicitis. They opened you up and found that your appendix was in order, but you had badly swollen Mesenteric glands which could not be cut out because there was too much of them and they were apparently adherent to various organs. You have been treated with Blaud's Pills and various other medicines, and have been living on a very faulty diet.

"You are a most attractive girl, naturally charming, with a delightful expression, but you have lost a great deal of weight. You were 7 st. 8 lbs. and are now only 5 st. 7½ lbs, and have therefore lost nearly 30 lbs. You are terribly emaciated, muscles feel soft and flabby, you have been kept in bed for some considerable time against your instinct, and probably to your harm. The pain in the glands has been greatly reduced by your taking a few doses of Phosphorus 3 and 30, which I sent you, and your Psoriasis, which is not very important, has been benefited greatly by Sulphur, 6x. The abdomen is still coloured brown through the over-application of tincture of iodine which very likely has been absorbed and which has not done you any good in my opinion.

"You always had a weak stomach, from birth, were brought up on Nestlé's Milk, were vaccinated once and took normally. Before your illness you never perspired. You had children's diseases slightly, but chicken-pox rather badly. You used to get septic spots round the eyes with inflammation of the eyes themselves. You are apt to get an evening temperature with flushes of heat. You had night sweats which are getting less frequent, are constipated, and use liquid paraffin and senna-pods.

"You have much bowel gas difficult to move. You

prefer to go about without a hat. Occasionally there was white sediment in your urine. Your last period was very painful, pain going from right to left. Periods started when you were 15, were scanty, with pain from back to front. Psoriasis began when you were 7 years old and started on the left leg, possibly in consequence of vaccination. You cannot stand the strong sun, dislike to be near hot fires. You occasionally get hot feet in bed, have no appetite. Your left ankle turns easily. You like best to be in the open air, have a dry mouth and no thirst, have beautiful teeth which are far too soft. Aluminium is used in the kitchen. It must be discarded immediately.

"Go to stool three times a day after meals, whether you feel the need or not, but do not strain. Take three times a day, about $\frac{3}{4}$ of an hour before meals, about a tablespoonful of liquid paraffin from the chemist, you regulating dose by results. Motions to be as loose as cow dung and as yellow as mustard. Having swallowed the paraffin, sip a tumblerful of water with or without lemon-juice.

"*Breakfast*: Basin of wholemeal bread and milk, preferably sweetened with black treacle. Later on, bran porridge made as per recipe enclosed. A lightly boiled or poached egg or a raw egg stirred into the milky dish. A little crisp wholemeal toast with thin butter and mild grated cheese. Superlatively weak China tea made with a pinch of tea to the pot, half milk, sweetened with Demerara sugar. One and, later on, two large cups.

"*About 11 o'clock*: Glass of warm milk thoroughly thickened with Grapenuts.

"*Midday meal*: Vegetables boiled without salt or soda, a little salt to be added on the plate, potatoes boiled or baked in their skins or mashed, strengthened with grated cheese, butter and a little milk. A lightly boiled or poached egg or meagre egg or egg and cheese dish, or an egg embodied in the bran pudding. Bran pudding made like an ordinary milk pudding of about equal weights of broad bran and some cereal, preferably semolina, reinforced with an abundance of Aus-

tralian sultanas. Wind up with a glass of milk slowly sipped.

"Afternoon tea: Superlatively weak China tea, half milk, sweetened with Demerara. Bran biscuits or bran cake.

"Evening meal: More or less like midday meal.

"Ideal consumption per day: 9 heaped tablespoonfuls of broad bran, 2-3 eggs in every form, preferably not neat to start with 2-3 pints of milk, 6-8 oz. Australian sultanas, 2-3 oz. mild grated cheese, etc. Increase intake gradually and cautiously.

"Avoid absolutely: Flesh, fish, fowl and everything made of them, coffee, strong tea, white flour and white sugar in every form, salad, raw fruit, you concentrating on substantial food, tinned and packeted foods, cocoa.

"Aluminium cooking utensils must not be used.

"Medicines: I enclose:

S.U.6x (Blood clearing) 2 first and last thing.

P.H.3 (Painful glands, constitutional) 3 between meals.

I.G.C.V.3x (Digestion and depression) 2 before meals.

C.I.R. (Tonic and blood making) 2 or 3 after meals (1).

F.E.P.2x (Tonic and blood making) 2 after meals (2).

T.H.Y.2x (Appetite) 2 after meals.

B.A.200 (Constitutional) 3 last thing Monday.

T.H.U.200 (Vaccination antidote) 3 last thing Wednesday.

L.Y.200 (Right-sided trouble) 3 last thing Friday.

"Change every 3 days from (1) to (2) and watch with the utmost care which suits you best. Every Monday, Wednesday and Friday night, take a dose of the indicated once a week medicine instead of the usual one, and watch with great care the effect of these very important once a week medicines.

"Baths and Exercise: Have quick warm washes and extremely short hot baths rarely until you are much stronger. After every wash or bath, rub a little olive

oil into the whole of the body. Cod-liver oil or Cod-liver oil and Malt can be taken as liked. You should rub some unrefined Cod-liver oil into the whole of the abdomen every night.

"I would like you to follow your instinct as regards exercise, but you must never over-strain yourself. Be exposed to the sun as much as you like. Never sit up when you can lie down.

"*Weigh yourself* once a week if possible. I would like you to gain about 2 lbs. per week.

"*Report progress* once a week in writing, and *follow these directions with wise discrimination, not mechanical obedience*, for no one understands the working of your body better than you do yourself. Help me to help you and we should succeed."

It will be noticed that the patient is not given the names of the medicines but merely the initials. It is most undesirable to let a patient know what he or she is given. If a patient suffers from digestive trouble which has been in existence for a long time, and if he is given a very helpful medicine, he will, if he knows the name of the medicine, get a large supply and treat himself, taking that medicine day after day and month after month. That will scarcely improve the functioning of his digestive apparatus. If he does not know what he is given, I weaken the dose from week to week, then give him doses only every few days, and then leave off altogether when natural digestion has been firmly established. Besides, it is not advisable to give a patient the same medicine without a change. One does not like to take the same food day after day. Similarly the constitution in need of some medicinal help does not react favourably to the same medicine without a change. Constipated people usually learn that they must change their laxative every few weeks.

Last, but not least, most cases which come to me are very complicated, and they require a very large number of medicines. One has to deal with *inherited weaknesses*, and it is dangerous to allow the patient to know what he is treated for. If I suspect that a patient has tuberculosis or that he may have a tendency towards tuberculosis, I treat him immediately for that

disease without telling him. In the course of time I may treat him, or at least test him, for tuberculosis, cancer, diabetes or whatever disease or disorder one may suspect.

Orthodox doctors are apt to state authoritatively that a patient should eat so and so much at every meal. Very frequently their dietetic directions are based on theory. They wish to provide the patient with a certain number of calories per day.

A very eminent man had a daughter who was 6 ft. tall and who weighed only 6 stone. She was determined to have a fashionable figure. She ate far too little, and was in danger of tuberculosis. Her father called in a leading West End specialist who ordered that the girl was to take per day $\frac{3}{4}$ lb. of butter, 4 eggs, etc. Her mother, Lady M., wished to carry out the doctor's directions. When her daughter came down to breakfast she found in front of her plate a piece of butter weighing exactly 12 ounces, and she was told that she would have to eat it in the course of the day. The daughter looked at the large lump of butter with horror, and immediately started vomiting.

I never give exact figures, I never urge patients to eat or drink certain quantities, I give what I call the ideal consumption and urge patients to increase their intake from day to day. After having sketched the patient's meals, they are given a paragraph: "Ideal consumption per day," which closes with the words: "Increase intake gradually and cautiously." I state in a special paragraph whether the patient should gain or lose weight. I find it of the utmost importance to normalise the weight of the patient. I increase the weight of those who are too thin, and reduce the weight of those who are too heavy. The last paragraph always runs: "Report progress once a week in writing, and follow these directions with wise discrimination, not with mechanical obedience, for no one understands the working of your body better than you do yourself. Help me to help you and we ought to succeed."

The last paragraph is the most important one. It induces patients to use their intelligence in carrying

out my directions. I do not want my patients to eat or drink according to a fixed programme, which is dangerous. Nor do I wish them to take my medicines mechanically. Nevertheless ludicrous mistakes occur occasionally. Some time ago a totally emaciated woman came to me. She ate less than would support a child of three years. I gave her a suitable diet-sheet, with the ideal consumption, I told her to increase her intake gradually and cautiously, and at the end of it put the usual paragraph urging her to act with wise discrimination, not with mechanical obedience, to my directions. A week after came her first report, in which she wrote verbatim: "I have eaten everything you wished me to eat. I have been violently sick after every meal, but I am determined to go on." The poor woman had starved herself by vomiting all the food she ate. She had produced violent vomiting and had acted entirely against the wording and the spirit of my directions, to her harm.

I find that my patients treasure the directions which I send them. Occasionally patients tell me that they came to me ten years ago, that they were given a diet-sheet, and that they have carefully followed my directions, and occasionally they read through the original document to be quite sure that they are acting rightly.

As I stated before, I consider myself not merely as a curer of disease but as a trainer of men and women. I am not satisfied to cure the disease or disorder for which patients seek my aid, but I wish to give them vastly improved general health and strength. For instance, if a patient comes to me on account of rheumatism, and he has a poor chest or flat feet, I tell him at once that I do not only wish to cure his rheumatism, but I intend giving him an infinitely better chest and good arches to his feet. Further, if he is insufficiently strong, I put muscle on him by giving him appropriate exercises, and if there are troubles which are usually dealt with by a beauty specialist, I am apt to deal with these as well. It has happened to me a number of times that my treatments have had very extraordinary

results. Some ladies between the ages of 24 and 28 have grown several inches owing to my constitutional treatment. The most amazing case is that of Mrs. C. C. J. whom I took in hand when she was 38, and who grew three inches in height.

CHAPTER V

MEDICINES AND THEIR USES

SINCE the dawn of history medicines have been employed for treating the sick and ailing. We read of the use of herbs in the oldest books and legends. The gods in Olympus were treated with medicine. In every savage tribe medicines are used. They must have been employed in pre-historic ages. Savages learn the use of medicines from the animals around them. Herdsmen notice that in certain diseases the animals under their care eat certain herbs, and they try these herbs on themselves. The oldest medical documents are those of ancient Egypt, Greece and India. In the Papyrus Ebers a very large number of drugs are enumerated. Hippocrates, the father of medicine, who flourished twenty-three centuries ago, was a great surgeon and a great nature curer. He employed sun and air baths, water cure, exercises, rest, massage, etc., but he also employed numerous medicines. Needless to say, he was an advocate of a correct diet. He left the saying, "A good doctor must be a good cook." He insisted that every doctor should know the different curative effects of bread made from wholemeal flour, and bread made from refined white flour, etc.

In the course of ages, thousands and thousands of substances have been used medicinally. Medication has changed from century to century, and with the rise of modern chemistry, medicines are changing from year to year and from day to day in an absolutely bewildering fashion. The great drug houses wish to sell their products, and they try their best to destroy the use of the oldest, and therefore most reliable, drugs and medicines, which have proved their value by thousands of years of use. Several decades ago, every doctor had to study botany so as to enable him to

gather curative herbs. If he was called to a farmhouse or cottage in the wilds, he was able to find in the garden or in the meadows and woods the medicine required by the sick man. That wonderful knowledge has been destroyed, partly by the great drug houses, and partly by the medical schools, which treat with contempt every natural remedy. If it is known that a certain herb has wonderful curative power, then the manufacturing chemists proclaim that the extracted "curative principle" should be used. China bark, which is a wonderful natural remedy, has been replaced by quinine, its extractive. Quinine is in most respects vastly inferior to China bark. The homœopath uses China bark.

\\Digitalis is a valuable remedy in heart diseases, and is universally employed by doctors. It is true it is used with indiscretion, and probably does more harm than good. However, the manufacturing chemists have endeavoured to destroy the use of digitalis by producing numerous extractives, which are supposed to contain the curative principle in a concentrated form. Notwithstanding their endeavours, the digitalis plant has not been superseded by any chemical production. All the extractives are inferior to the natural article.

\\Opium is a valuable natural drug, and it is comparatively safe to use. Its extractive, morphia, is extremely unsafe. Addicts to the deadly drug are usually morphinists, not opium-takers, except among the yellow races. \\Coca is a benumbing herb which has been used by the Indians since time immemorial as a tonic. It is relatively safe. Its extractive, cocaine, is extremely dangerous. This list of drugs could be lengthened interminably. Nature has combined in the healing plants a number of curative elements which act most beneficially in their balanced entirety. The entire natural drug is as superior to the extractives as wholemeal bread is to white bread, as entire sugar is to refined sugar, as entire salt is to refined salt.

\\Medication is subject to fashion. Every drug house throws on the market new drugs in large numbers in order to obtain a profitable monopoly. Medical and pharmaceutical authorities are induced by the drug

houses to experiment with every new drug produced by them. Innumerable drugs which we were told were of inestimable value have disappeared after a few years, or after a few months. Doctors are bombarded every day with circulars extolling the curative powers of certain drugs, and numerous commercial travellers go from doctor to doctor, teaching him the use of new drugs and injections, leaving samples, and urging them to experiment with these new remedies, and to give to the makers written opinions as to their value.

The bewildering changes in drug fashions have brought about a complete change in medication. The modern doctor uses an entirely different set of drugs from those which were used fifty or a hundred years ago. The proprietors of the various drugs tell us in their advertisements that their latest drug or injection is "most scientific," and they publish in support of their contention the opinions of distinguished professors and general practitioners, which may, or may not, have been obtained for a cash consideration. Many scientists are impecunious, and there are in every country men with a professional title who are willing to recommend almost any article produced by the great drug houses.

The way in which drugs are evolved, produced, recommended and sold is somewhat scandalous, and innumerable doctors are disgusted with the way in which drugs are boosted in the general and in the scientific press. The consequence has been that many doctors refuse to employ new drugs, that the literature and samples which reach them every day are thrown into the waste-paper basket.

There are two kinds of proprietary medicines. There are those which are recommended directly to the public in the popular press, such as Beecham's Pills, Owbridge's Lung Tonic, Kruschen Salts, and innumerable others. These are hardly ever recommended by doctors. One need not go to the doctor and be told that one should use a remedy which is recommended in every newspaper and on countless hoardings. There are manufacturers who wish to sell to the

public directly, and there are others who wish to sell their drugs to the public through the doctors.

The second kind of drug is advertised exclusively in medical journals. Medical men are probably as gullible as the generality of men. Busy medical men have not much time to study the professional literature.

The prosperity of the medical journals depends very largely on the number of advertisements which they publish. The leading medical journals publish every week twenty, thirty, forty, or more pages of advertisements, and the bulk of these are recommendations of certain proprietary medicines. These advertisements, which frequently cover an entire page, are very carefully drawn up so as to draw attention to the salient matter at a mere glance. If influenza is about, then there may be in the medical journals page advertisements with the caption, "Fluelite for 'Flu," or there may be other advertisements such as "Rheumatisan for Rheumatism," "Diphtherosan for Diphtheria," "Somulan for Sleep," etc. The busy doctor who is worried by an old lady who cannot sleep sees in very large letters the caption, "Somulan for Sleep." He glances at the very alluring text underneath the heading, and next day he writes out a prescription for "Somulan," explaining to the old lady that it is the latest and most scientific drug. The various drug titles given are not drug names as far as I know. They are fancy names which I have invented on the spur of the moment.

The proprietary medicines which are advertised only in the medical journals are probably no more scientific than the well-known drugs advertised in the general press. They have this advantage to the doctor that he can prescribe drugs of which the average patient has never heard. Consequently, by prescribing them, the doctor obtains a certain prestige, especially if the drug possesses a very scientific name. Many experienced elderly doctors have so often been disappointed when using drugs advertised or recommended in the professional journals in apparently weighty articles that they have almost given up prescribing medicine. I have met a considerable number of doctors who have

explained to me that medicines are useless, that their efficacy cannot be relied upon, that they prescribe practically no medicine unless the patient insists upon their prescription, and they potter along leaving patients more or less to nature.

From the point of view of many doctors, ordinary drugs are unreliable. The only reliable drugs are those which give sleep and which abolish pain. It is therefore not surprising to find that doctors carry with them enormous quantities of deadly drugs. Hence it often happens that when a doctor loses his medicine-case, great alarm is created, for we are told that the lost case contains sufficient poison to kill a considerable number of people. There are, of course, a few drugs which doctors can rely upon. An adequate dose of castor oil, rhubarb or aloes, and of various salts, has a well-known effect. These are frequently prescribed, but here again we find that the old-fashioned, simple drugs, such as those mentioned, are replaced by far more expensive drugs, which are extolled as being far more scientific, etc.

Frequently a doctor has attended my consulting-room in order to watch my work. At the end of the session I usually ask him: "How many medicines do you use?" and very often there is the reply: "I use twelve or fifteen medicines. That it is all I need."

Some time ago I was visited by a pharmaceutical chemist. We talked about medicines, and he told me that in his neighbourhood there was a doctor with a large clientèle who employed only two prescriptions. The one was a digestive mixture, which at the same time acted as a tonic because it contained a little strychnine, and the other was a cough mixture. This doctor has for years employed these two prescriptions exclusively for all his patients. It does not matter whether his patients suffer from diabetes, cancer, arteriosclerosis, or whatever it may be, they get the digestive and tonic mixture. They promptly feel a little better, have a better appetite, digestion is better, and they feel quite happy. If, in addition, they have a cough, then they get the cough mixture as well. By the exclusive use of these two medicines, the doctor in question

has apparently made a good living for many years. I don't know this doctor, but I am quite sure that his two prescriptions are far safer than the prescriptions issued by many of his colleagues. He may not do much good, but he also does not do much harm. If he should venture to use the latest and most scientific drugs and injections he would probably damage, ruin or kill numerous patients.

The orthodox pharmacopœias describe only a very moderate number of remedies. The orthodox doctor picks out a few of these remedies. He has his favourite medicine for cough, indigestion, constipation, etc. He has his favourite tonics and sedatives. He does not feel the need of more than a few drugs. If his favourite medicine has not acted, he is apt to say to the patient: "You had better see a specialist," or he may send him to the hospital, or recommend him to have all his teeth extracted or his tonsils taken out. After all, the doctor must do something, and if he has not sufficient knowledge, then he must hand his patient on to someone else. I have seen hundreds of patients who have had their tonsils taken out, or their teeth extracted, who, after these operations, were much worse than previously.

Homœopathy employs about a thousand different drugs, and each drug may be given in a great number of different strengths. The orthodox doctor wishes to obtain what he calls a physiological effect. He wants to be sure that the drug acts, and therefore he gives a large, or a very large dose, and often the dose given is dangerous to the patient, because drug tolerance among human beings is not standardised, but varies. One man may swallow with impunity thirty grains of quinine, day after day, while another man may become terribly upset when taking two or three grains. Most people are relieved from pain by a morphia injection. My mother had an intolerance of morphia. If she was in violent pain and was given a morphia injection, the pain remained, and she became so terribly agitated that she seemed almost insane. My father, an excellent doctor, had to stop giving her morphia injections, however severe my mother's pain was.

While orthodox doctors employ, as a rule, maximum doses, which frequently lead to disaster and death, homœopaths are taught to use minimum doses. They use all the poisons known to the orthodox doctors, but they use them in minimum doses, where they cannot possibly do harm. I have explained in another chapter that small doses have an effect opposite to large doses. Black coffee prevents sleep by creating over-activity of the brain. A millionth or a decillionth of a grain of coffee will give sleep to those who are sleepless through over-activity of the brain. Every homœopath learns that he should use the minimum dose, and the effect is miraculous, provided, of course, the right medicine is chosen, and the right quantity, or potency, is given. It follows that the work of the homœopathic prescriber is infinitely more laborious than that of the orthodox prescriber, who looks upon him with contempt. The homœopath uses not only hundreds of medicines unknown to the orthodox prescriber, but he has to decide in every individual case whether he should prescribe a tenth of a grain, a thousandth of a grain, a millionth of a grain, or a decillionth of a grain, and frequently he has to experiment with the various potencies in order to find out which strength of drug is best suited to the individual patient.

Some years ago a hard-working and energetic middle-aged business woman, who lived in the Midlands, wrote to me that she had a fearful pain in the right side, in the region of the appendix, liver, gall bladder and right kidney. As all the symptoms pointed to *Lycopodium*, I sent her *Lycopodium* 12x, which means *Lycopodium* by the billionth of a grain. *Lycopodium* is the pollen of clubmoss, and is used in orthodox medicine for dusting pills so that they shall not stick together. It is described as inert in the orthodox pharmacopœias. The triturated pollen is an invaluable medicine to the homœopath. It acts particularly on the right side of the body. I prescribed *Lycopodium* because the trouble was on the right side, and many of the patient's symptoms made me think it was the indicated remedy. The result was disappointing. The

patient reported that the pain was getting worse and worse. She could no longer eat, she had lost a great deal of weight, she was in despair. She lived in Sheffield, and could not come to London as she was too weak to travel.

Believing that the pain was due to a stone in the gall bladder, in the right kidney or in the right ureter, the tube which leads from the kidney to the bladder, I urged her to be examined at a hospital, and to let me know the result. She was carefully examined by a distinguished surgeon who came to the conclusion that there might be a stone somewhere. The X-ray picture was obscure. So he suggested an exploratory operation. She hesitated to undergo an operation. I then sent her *Lycopodium* in the 200th potency, a dose to be taken once a week. I sent her four doses, a supply sufficient for a month. The 200th potency is expressed by a figure, where under the figure one there is the figure one followed by four hundred noughts. Immediately after taking the first dose of *Lycopodium* in the 200th potency, vigorous improvement began. In a few weeks the patient was completely well and had gained about a stone in weight. She never needed a second dose.

The homœopath is taught that if the correctly selected remedy fails to cure, he should reduce the dose, because the smallest doses are the most potent. They act most deeply, and their action is long continued. One can safely take a few grains of Sulphur day after day, but it would be extremely dangerous to take Sulphur in infinitely small doses, in very high potency, more frequently than once a week or once a month. Doses in high potencies very often produce the most wonderful curative results, such as was the case of the lady to whom I sent *Lycopodium*, when frequent doses of the lower potency had failed to act.

Orthodox doctors are taught that there are standardised diseases, and the standardised doctor who has followed the standardised course of study and has passed standardised examinations learns from his text-book that he should give insulin for diabetes,

salicylates for rheumatism, etc. If there were standardised diseases in nature, his task would be very simple, provided he had made a correct diagnosis. Hence orthodox medicine lays so much weight on diagnosis. Unfortunately, in all complicated cases an exact diagnosis is very difficult, if not impossible. Errors are frequently made, and if physiological doses, which means maximum doses, are given on the basis of a wrong diagnosis, great harm is done. No two cases of diabetes, disseminated sclerosis, tuberculosis, etc., are alike. Each case must be treated individually, and in each case the causation of the trouble is all-important.

The belief of the orthodox doctor that diseases are standardised, and that consequently treatments can be standardised, is fatuous and faulty. That belief is unfortunately kept alive by the medical journals. There are articles which describe, let us say, sixty cases of psoriasis, which were all treated with the same drug, and at the end of the article there is a summary which tells us that 78 per cent of the patients recovered completely, that, let us say, in 13 per cent considerable improvement was obtained, while in the remaining 9 per cent no change took place. An unsophisticated doctor who reads such an article believes that it is perfectly safe to use the new medicine employed for psoriasis.

It may be that the article in question is bona fide, it may be that it has been inspired by the manufacturer of the new drug. However, the question arises whether the 78 per cent of so-called cures were real cures, whether the cures lasted, or whether the skin disease disappeared temporarily, and reappeared weeks or months afterwards, possibly in a greatly aggravated form. Besides, there is also the question whether the disappearance of the skin disease did not lead to its reappearance in another and far more dangerous form, whether the suppression of the eruption was not followed by heart disease, asthma, or some other grave sequel. Last, but not least, it is a well-known fact that statistics may be made to prove anything. Medical statistics must be viewed with the same scepticism

with which non-medical statistics are considered. Frequently it happens that another doctor or specialist uses the same drug which yielded 78 per cent of cures of psoriasis. He employs exactly the same drug, exactly the same methods, and then there may be an article which tells us that the drug was a complete failure, that only slight and temporary improvement occurred in a small number of cases, and that the majority of cases did not benefit in any way.

Drugs have become commercialised to an incredible extent. As soon as a new drug appears, there is a rush for that drug on the part of doctors, partly owing to the pressure of patients, who wish that the new and wonderful drug should be used on them. The results are often exceedingly unfortunate. Years ago, when Koch discovered Tuberculin, Tuberculin was praised by the general press as the perfect remedy for the white plague. At that time an uncle of mine who was afflicted with tuberculosis, went to Berlin to be treated by Koch. My father, who was an experienced conservative doctor and a wise man, warned my uncle seriously against the new drug, the action of which was uncertain. However, my uncle tried the treatment. It damaged his constitution severely, and he nearly died. Hundreds of people in all parts of the world died from the Koch treatment, which, after a short time, was abandoned, and Tuberculin was replaced by modified forms of the original drug. Koch's original Tuberculin has been practically abandoned.

Something similar happened when Ehrlich discovered his specific for Syphilis, which he called "606." A single injection was to destroy the disease, root and branch. The arguments and reports of cases made it appear that "606" was the most wonderful drug ever discovered. It was used all over the world, and once more results were disastrous. Hundreds of people were gravely injured or killed by the new remedy.

I, personally, refuse to employ any of the new remedies, however glowing the reports may be. I always remember the saying of my father: "Let other doctors experiment on their patients, I am not going to experiment on mine." I employ only those remedies

which I know are useful and harmless. The older the remedy, the better one can rely upon it. A century ago, bleeding was the great standby of the medical profession. People were bled for every disease known or unknown. They were even bled when they had lost a great deal of blood through accident or disease. Bleeding, and leeching have gone out of fashion. They have been replaced by the use of the subcutaneous syringe. Every doctor gives injections. They are considered the most scientific form of medication. It is true the medicines are placed immediately into the blood stream, but it is very doubtful whether the contamination of the blood by the numerous substances proved, unproved, or insufficiently proved, injected into the blood stream, ought to be allowed. We know the immediate effect of certain subcutaneous treatments, but we know little or nothing of the more distant effects. I much fear that the rapid increase of cancer and other diseases may be largely due to the modern craze of suppression of skin diseases and to the pollution of the blood stream with the most ghastly substances evolved in the laboratories.

The orthodox doctor knows nothing about the evil effects of vaccination. The only serious consequence of vaccination, to him, is death or any of the grave diseases which immediately follow vaccination, and which are undoubtedly due to vaccination. Every homœopath knows that vaccination is often followed throughout life by many serious consequences and disabilities, by the formation of soft growths such as moles, and by many inward complications. Such patients recover rapidly if vaccination is antidoted with Thuja, Vaccinium, Variolinum and other remedies. While injections are speculative and often dangerous from the point of view of health, their use is, of course, tempting to impecunious doctors because injection treatment is a very profitable form of treatment.

CHAPTER VI

THOUGHTS ON MEDICATION

I HAVE seen hundreds of patients who have told me that they have taken the same medicine for months or years without any noticeable good effect. Panel doctors and other doctors who are engaged in mass production, who treat an unduly large number of patients at very low fees, perfunctorily give their patients the white mixture for acidity in the stomach, indigestion, gastric and duodenal ulcer, and all kinds of diseases and disorders of the digestive tract, for months and years, and when the bottle is empty the patient takes it back to the surgery or out-patients' department and has it refilled. Such patients come to me and tell me: "I have received the white mixture from Dr. So and So for the last three months, and it has not done me any good." Doctors are treated by their patients with respect, especially with outward respect, because they are supposed to be highly educated and highly trained men. Besides, they can give certificates of ill health, which are of value to the recipient. Therefore doctors must be humoured. Patients have told me: "I have had the same mixture from my doctor for two or three years. I found out after three weeks that it was quite useless, and I only pour it down the sink." Medicines costing millions of pounds are poured down the sink in England and in other countries as well.

Giving the same medicine for an incredibly long space of time is by no means restricted to doctors in a cheap practice who do rush work. I have seen cases in which well-to-do patients with skin disease have faithfully and hopefully rubbed in the same ointment for many months without success. All cases of diabetes are treated with insulin without any change, because insulin is supposed to be the specific for dia-

betes, although it has never cured a case to my knowledge. People who cannot sleep are given veronal, or whatever medicine the doctor favours, month after month and year after year. I have treated a very large number of cases of epilepsy, who had been given bromide and luminal for ten years or more without any result, except that bromide and luminal poisoning was added to the original complaint. When people come to me complaining of epilepsy, I usually ask: "Did your doctor prescribe bromide and luminal, or did he prescribe luminal and bromide?" A man came to me from Sheffield complaining of epilepsy. He had been treated by eight or ten doctors and specialists, some of whom were Harley Street physicians. All had prescribed bromide and luminal. Naturally the patient was badly poisoned with these dopes, which I immediately took away.

Horses and cattle and other animals are quite satisfied if they get enough to eat, even if their diet is never changed. Horses will eat their oats day after day, and sheep will eat the same grass, although, when grazing, cattle, horses and sheep, etc., make a selection. Human beings are not as easy to please as animals. They want variety. When dining at a restaurant where an excellent seven-course dinner is served, the patrons would protest if day after day they got the same hors-d'œuvres, the same soup, the same fowl, the same joint, etc. I have found that it is inadvisable to give patients the same medicine for any length of time. Even if a patient's constitution imperatively demands Sulphur, I never give him plain Sulphur in the same potency week after week and month after month, because after a time it fails to act beneficially. In such cases I constantly vary the potency. I give Sulphur 6x to start with, as a rule, and I go up to 12x. Then I give the 30th potency in rare doses, let us say once or twice a week, and then I come down again to the 6x potency, then go up to the 30th, then I give a few doses of the 200th potency and so forth, and I find that patients treated in this way do far better than when they get Sulphur in the same strength or when, in accordance with the theoretical rule of homœopathy

as formulated by Hahnemann and his successors, the potency is constantly raised.

When I have given Sulphur for two or three months I am apt to change plain Sulphur in skin diseases for Sulphur Iodatum, Calcarea Sulphurica, Hepar Sulphuris, Ferrum Sulphuricum or other sulphur compounds. If the patient's constitution demands in addition to Sulphur, Calcarea (lime) or Iron (Ferrum), then such changes are highly advisable and most beneficial. After a time I abandon the Sulphur compounds and go back to plain Sulphur. A wise restaurant-keeper constantly changes his bill-of-fare to satisfy the palate of his patrons, and the wise prescriber should, in my opinion, act similarly.

In order to keep control over patients, it is unwise to give prescriptions or to allow the patient to know what he is given. If, for instance, he receives charcoal (*Carbo vegetabilis*) for his digestion, and he finds it does him good, he is apt to go to the chemist and order a large supply of the medicine with the idea that he can henceforth treat himself, for everyone likes to do his own doctoring. It is disastrous for a patient to know what medicine he receives. As long as he is under my control he does not know what medicine he gets.

The best homœopathic doctors I know never tell their patients, professional or lay, what they are given. Besides, sensitive patients are horrified if they are told that they are given Tuberculinum or Syphilinum, or putrid meat (*Pyrogen*). There are convinced vegetarians who will never touch animal products, and if you give them Thyroid, the extract of the thyroid gland of animals, or some other animal product in an infinitely small quantity, they may refuse to take the medicine on abstract idealistic grounds. Besides, a patient who knows that he has been given Tuberculinum or Syphilinum will naturally ask the busy practitioner: "Why do you give me Tuberculinum? Do you think I am tuberculous? Ought I to go to a sanatorium and ought I to sleep in the open air? Should I isolate myself from my family?" The knowledge that a man is given Tuberculinum may cast a dark

shadow over his life, and it is quite useless to explain to him that his is given Tuberculinum not because he is tuberculous but because one suspects a tuberculous tendency and has prescribed Tuberculinum in order to prevent the disease breaking out.

One must not only treat the actual disease or disorder guided by the symptoms of the patient, but one must treat immediately the most dangerous possibilities. If a man comes to me with a chronic catarrh, cough or cold or with a strong tendency to colds which constantly recur, I immediately give him Tuberculinum or Bacillinum, which are more or less equivalent. I have found Bacillinum far more effective than Tuberculinum, but possibly other prescribers have made different observations in their practice. After all, a bad cough or cold may develop into tuberculosis. So one should not wait until tuberculosis has actually broken out, but one should treat for tuberculosis every patient, without exception, in which there is a suspicion that some day this disease may break out.

Some time ago a magnificent, tall woman, Miss T., came to me complaining of a sore septic throat. As a rule these septic throats rapidly get better after a few doses of Mercurius Biniodatus, Mercurius Flavus and Phytolacca. Phytolacca is particularly indicated in those septic throats where there is a pain from the throat to the ear or from the ear to the throat, showing that the Eustachian tubes are involved. The lady in question was given these remedies in alternation, which had no effect whatever. In fact her throat became worse. This was a very serious matter to her as she was a busy lecturer at one of the leading universities. The worst septic throat I know is the kind of throat which one finds in diphtheria cases. The lady had no fever and no obvious indication of diphtheria, but she had a horrible tongue which reminded me of the typical diphtheria throats. I immediately gave her a diphtheria specific, Mercurius Cyanatus in the 6th potency, a dose to be taken every hour or two, and after two or three doses her horrible throat had cleared up.

I felt absolutely convinced that her so-called septic

throat was an early case of diphtheria. Orthodox doctors and many homœopathic doctors would probably have gone on treating her for an ordinary septic throat. They might have sent a swab of the throat to the laboratory, and diphtheria organisms might or might not have been found. If they had been found, she would probably have been sent to an isolation hospital, and would have been treated with injections which from my point of view are hateful. In a few hours she was quite normal when given *Mercurius Cyanatus*.

I ought to add that in addition to the three medicines mentioned for a septic throat, she had immediately been given suitable gargles. I had started with hot, sweetened milk, which is excellent for an ordinary sore throat. As this was ineffective, I had given her a gargle of diluted hot vinegar, which is excellent for diphtheria, and a gargle of diluted *Phytolacca* tincture, and had given her outward applications such as hot compresses, etc., but none of these had helped.

As *Mercurius Cyanatus* had done its work well, I wanted to make certain that if diphtheria was lurking in her system, the disease would not actually break out. When her throat was practically normal, she was to continue taking *Mercurius Cyanatus*, and in addition I gave her the actual diphtheria poison, *Diphtherinum* 200, a dose to be taken once a week.

The same lady came to me with a frontal headache over the left eye. I tried a number of headache medicines on her, which did no good whatever, although I had conscientiously prescribed the medicines which seemed most strongly indicated. It then occurred to me that the so-called frontal headache on one side of the head was probably not an ordinary headache or a migraine, but might be due to pus in the antrums of the left side of the head. The antrums are cavities in the bony skull which stand in connection with the nose. She had practically no catarrh, while in most antrum cases there is a good deal of discharge from the nostrils or from the back of the throat. One must constantly experiment. Instead of persisting in the homœopathic treatment of the headache, I resolved to treat her antrums, disregarding

her headache. I gave her Kali Bichromicum 3x, and told her to disregard her headache, which would probably clear up if her antrums were freed of pus. Very sensibly she took my medicine. The headache which had plagued her for years at intervals gradually diminished and then left her altogether.

If she had gone to an orthodox doctor, he might have given her aspirin or some similar product, which would have given her temporary relief, but which would never have eliminated the cause of the headache, and if the doctor had suspected inflammation of an antrum or of the antrums, caused by pus, he would probably have sent her to a specialist. The specialists who do this kind of work hang a thick cloth over the head of the patient, covering the patient's head and their own head at the same time. Then they put a powerful electric light into the mouth of the patient in order to see whether the cavities of the skull are normal or are filled with pus. If there is pus, they usually recommend the draining of the antrums by an operation. This operation gives relief, but pus will continue to form, and there may be operation after operation and temporary relief, but no cure.

I have never yet allowed a single case of septic antrums to be treated by surgical drainage, which I have found ineffective and expensive. All these cases are completely cured by giving the patients for a few weeks doses of Kali Bichromicum 3x, Cinnabar 2x or 3x, and those constitutional remedies which may be called for by the general symptoms of the patient. If the patient has very strong Sulphur symptoms, then, of course, Sulphur must be given. In such cases I should not give Sulphur alone in accordance with the accepted rules of homœopathic treatment, but I should probably give Sulphur night and morning, and I should give between meals Kali Bichromicum. Sulphur treatment alone would possibly cure the patient, but the cure would in most cases take far longer than if Sulphur were given in combination with Kali Bichromicum, Cinnabar, or some other suitable substance.

Some of the worst catarrhs are dry catarrhs. These respond splendidly to Kali Bichromicum and Sticta.

Pulmonaria. Where there are complaints of a very dry nose, a few doses of ordinary snuff from the tobacconist are, of course, very helpful.

Many years ago when I was troubled with catarrh, I went to doctors and specialists who advised douching the nose with water, salt water and various medicines dissolved in water such as permanganate of potash. Douche treatment has to be carried on for months and years, and the result is disappointing. Besides, it is time-wasting and dangerous. If the water pressure is too great or if an awkward movement of the head is made, the liquid, instead of washing out the nose, may enter the cavities of the head and may cause dangerous complications, among them deafness. The mechanical treatment of local complaints is unsatisfactory, especially if the trouble is not purely local. If catarrh is due to an old gonorrhœa or to inherited gonorrhœa or to some other constitutional cause, it is useless to wash out the nose and its cavities with disinfectants, or drain it surgically. One must tackle the fundamental causative factor.

The suppression of skin disease is dangerous because the body wishes to eliminate unwanted material through the skin. The suppression of catarrh of the nose and throat and of the vagina of women is equally undesirable, because nature endeavours to discharge certain noxious materials from the nose, from the throat or from the front passage. Most men hawk and spit. Women do not hawk and spit. Nature produces in women a catarrhal discharge from the sex organs which should practically never be treated by suppressive measures, which are so often used by gynecologists.

If a patient goes to the doctor and complains of terribly malodorous feet, he is given disinfectant dusting powders to put in his stockings, and he is told to wash his feet night and morning with some disinfectant lotion, or to immerse them in a foot-bath containing some disinfectant. I have found these measures absolutely useless. Some time ago a lady living in the country, who employs a large staff of servants, told me that she had an excellent cook and that the other ser-

vants were in revolt because the cook had horribly offensive foot sweat. She urged me to recommend a suitable disinfectant. I told her that the woman need not wash or bathe her feet at all. She should certainly not try to stop the foot sweat by cold foot baths. A cold foot bath will stop sweating from the feet very promptly, but the after consequences are frequently disastrous. The first consequence is violent indigestion, often followed by jaundice and complications of every kind. Instead I sent her a little box of pills containing Silica, triturated sand, in the 12x potency, which means that there would be a billionth of a grain of sand in every dose. After taking Silica for a few weeks the horrible odour disappeared permanently. Curiously enough orthodox doctors do not know the use of that wonderful remedy.

Silica, plain sand, if swallowed in the form of sand, passes out of the body completely unabsorbed. If triturated to the utmost fineness during many hours in accordance with the Hahnemann method, sand is a remedy of the greatest utility. It does miraculous work not only in foot sweats, but in unhealthy and septic wounds. An unhealthy wound is usually treated surgically. The margins of the wound are cut out until the healthy flesh is reached, and the healthy edges are brought together and are sewn together in the usual way. If the wound refuses to heal, further flesh is cut out and the process is repeated time after time. If a man's foot is cut off and the stump refuses to heal, an inch or two of the leg is cut off in the hope that the wound will close. If healing fails to take place, the process is renewed and the stump is made shorter and shorter, and occasionally the whole leg is taken off. A few doses of Silica will in a few days alter the character of the non-healing wound, and totally unnecessary mutilation of the sufferer will be avoided.

Silica is a great remedy. Patients with a tuberculous tendency frequently develop boils, and unhealing ulcers, and fistulas, which are unhealing, tube-shaped, discharging ulcers. Abscesses and ulcers are treated with the knife by the orthodox profession, and hot, wet applications are given which do some good. These

ulcers and abscesses spring, of course, from some constitutional cause. Very frequently this constitutional cause can be dealt with by giving the patient Silica. This avoids the use of the knife, of which every healthy-minded individual has a horror.

A fistula is a pipelike structure which discharges pus. Very frequently fistulas form near the outer opening of the bowel. People afflicted with fistulas in that position have a great deal of pain, and sitting down is agony. They shift from one side to the other and are in constant pain. Every fistula case which has come to me had previously been treated by a surgeon. The routine treatment is as follows. The surgeon cuts out the fistula as far as he can get until he reaches the wholesome flesh, then sews up the healthy edges and tells the patient that he is cured.

Practically all fistula cases which have come to me have occurred in patients who either were actually tuberculous or had a pronounced tuberculous tendency. It seems that nature opens a fistula in order to drain the body and to discharge from it extremely poisonous material. When the fistula has been thoroughly cut out and the flesh has been sewn together, the patient cannot, of course, sit down for weeks. After weeks of invalidism in bed he gets up, he is pleased to find that the fistula is no longer there but he feels ill at ease and unwell. He loses his colour, becomes jaundiced, feels vaguely unwell, has no appetite, loses flesh. I have seen fistula operations followed by absolutely disastrous consequences. In the end nature comes to the rescue and reopens the old fistula and then the unfortunate patient is told that there is no treatment except another and more drastic operation. I have cured every case of fistula that has come to me, and I have treated a large number, by using Silica, and all the other indicated homœopathic remedies which were called for by the symptoms of the patient and by his medical history, particularly Bacillinum. Fistulas are usually tuberculous.

A vigorous young man came to me and told me that he had been treated for fistula by a homœopathic doctor who had given him Silica, but that the Silica had pro-

duced a terrible aggravation. The young man, although extremely vigorous, showed distinct tuberculous tendencies, and therefore I gave him a number of doses of Bacillinum once a week, which improved his condition very greatly, and which caused the fistula to become painless. I then gave him Silica, and in a short time he was cured. I cannot impress too strongly upon my readers that fistulas and psoriasis are very frequently, and possibly always, manifestations of actual or latent tuberculosis, and that the body tries to discharge the poison either by the skin or by opening a drain. Both troubles call almost invariably for Bacillinum or Tuberculinum. At the same time I would warn my readers not to treat mechanically every case of psoriasis or fistula with Tuberculinum or Bacillinum and the other indicated remedies. Each case has to be studied by itself. If there are evidences of vaccinal poisoning, then Variolinum or Thuja may have to be given, if there is a suspicion of measles poisoning then Morbillinum, the actual measles poison, will be indicated. If there are reasons for believing that Syphilis is in the background, then Syphilinum should be considered, etc. A good prescriber cannot afford to act mechanically. Each case must be studied and must be treated according to its merits.

CHAPTER VII

HOMŒOPATHIC MEDICINES AND HOMŒOPATHIC TREATMENT

THE homœopathic form of treatment was founded on a broad scientific basis by Dr. Samuel Hahnemann, who was born in 1755, and who died in 1843. Hahnemann was the son of an artisan in the Meissen Porcelain Works. He distinguished himself at school by his zeal, intelligence and general ability. He was patronised by well-to-do and eminent people, who enabled him to study medicine, and in due course he became an orthodox doctor, and was highly thought of by leaders of the profession. He was a great student, and he possessed unusual vision. His keen mind speedily recognised that the orthodox methods of treatment were dangerous. At that time the doctors bled profusely for every disease, even if the patient was exhausted by illness or by great loss of blood. Kings, Emperors and Popes were bled to death, because bleeding was the most fashionable form of treatment. Exactly in the same way, unfortunate people are nowadays done to death with fashionable injections.

Hahnemann was a frequent contributor to the leading medical journal of Germany, and he stated his views frankly and fearlessly. To his dismay the doctors of his time not only killed their patients by withdrawing enormous quantities of their vital fluid, but they used the most potent medicines in enormous quantities. The syphilitic were given so much mercury that they frequently spat out their teeth, and died of acute mercurial poisoning. At that time the principle of treatment among English syphilologists was summed up in the words, "salivation is salvation."

Hahnemann was a conscientious doctor, and he disapproved of the medical methods of his time. He gave up practising, and tried to make a living by translating

into German books written in French, English, Italian and numerous other languages. He not only translated, but commented upon the books he had translated, and his analytical mind induced him to experiment on himself. By his experimentation, he discovered that drugs have a double action, that in infinitely small quantities they have the opposite action to their effect if given in large quantities. Strychnine and arsenic are deadly poisons, but in small quantities they are invaluable tonics. That is known to every doctor and almost every layman.

Instead of experimenting on animals, who cannot explain their feelings and sufferings, Hahnemann experimented on himself, and his enthusiasm caused other doctors and students to gather round him, and they were enrolled as assistants for further experimentation. The most painstaking investigation and experimentation on human beings produced the most wonderful materia medica in the time of Hahnemann and of his successors. Hahnemann became one of the most fashionable doctors of the time, not because he practised self-advertisement, but because he produced amazing cures when orthodox medicine had failed. Thus homœopathy became established, and it spread throughout the world. During the last hundred and fifty years, tens of thousands of orthodox doctors have become converted to homœopathy and have used that wonderful art of healing.

It may appear illogical and absurd that a millionth of a grain of Sulphur, or a billionth of a grain, or a decillionth of a grain, has great curative power. In fact it is illogical and absurd, but nevertheless it is true. Many orthodox doctors have become homœopaths, being converted to homœopathy by the extraordinary success of the new treatment, but I have never heard of a single homœopathic doctor who abandoned homœopathy for orthodox treatment.

Homœopathy, if rightly handled, is infinitely more successful in curing disease than orthodox medicine. This statement may be doubted, and I myself was one of the doubters. Years ago I asked a homœopathic doctor friend of mine, who wished me to take up

homœopathy: "If homœopathy is as efficient as you maintain, why, then, has it not been taken up by the medical profession as a whole?" At first sight this question would seem unanswerable. The orthodox doctor is taught, during his four or five years of study, hardly anything except theory and diagnosis. The treatment of disease is given a back seat, and is very perfunctory, because many doctors and teachers of medicine have no faith in drugs. Thus it has come about that thousands of doctors, and probably the majority, use only a very few medicaments, and they make up for their lack of curative medicines by giving the sufferer potent drugs which abolish pain or give sleep. Thus doctors have become dope vendors to an ever-increasing extent. The work of the orthodox doctor is very simple. Many doctors, especially panel doctors, and doctors employed in out-patients' departments, perfunctorily give a sedative to one set of patients, a tonic to another set, a laxative to the constipated, a cough mixture to those who cough, and so on. Such prescribing can be done at sight, and without thought. Certainly it is not necessary to give doctors a hard training during four or five years in order to prescribe medicine in the manner mentioned.

There are doctors who are as dissatisfied with orthodox medicine as was Samuel Hahnemann. They approach a homœopathic doctor, or a lay prescriber like myself, and tell him that they would like to know something about homœopathy. Usually they demand to know the homœopathic specific for some difficult disease, such as cancer or disseminated sclerosis. To their amazement they are told that homœopathy has no specific for any disease, that any of the thousand medicines known to homœopathy may have to be used in a case of endocarditis or asthma. If these enquirers are shown the homœopathic text-books, and if they realise that every case has to be treated individually, then they usually say: "This is far too complicated. Homœopathy is too difficult to study." If an orthodox doctor has twenty consecutive cases of asthma, he may give each of them the same medicine. If a homœopathic doctor has twenty consecutive cases of asthma,

he may give them twenty different medicines, because he may not find two cases alike.

It would lead too far to describe in detail homœopathic methods and homœopathic medicines and their production. Those who seek that information will find it in the homœopathic text-books, and in my books, *Miracles of Healing and How They are Done*, and *New Lives for Old—How to Cure the Incurable*.

Orthodox medicine is largely addicted to suppression. The skin specialist is perfectly satisfied when he has driven in an eruption, and so is the uncritical patient. The experienced homœopath knows that eruptions must never be treated from the outside. The driving-in of eruptions often has the most disastrous consequences.

Rheumatism is very painful, and rheumatic fever is crippling. People who are in agony with rheumatic pain send for the doctor, who readily prescribes medicines which act like a charm. The pain promptly disappears, and the patient is grateful and happy. Unfortunately these delusive medicines lead only too frequently to heart disease, and then the orthodox doctor explains that the organism producing the rheumatism has got into the heart. That statement seems plausible and is accepted by the sufferer. To him it seems inevitable that rheumatic fever is followed by heart disease. The able homœopath will not be so anxious to cause the rapid disappearance of the pain of rheumatism. He wishes to cure the patient, even if the pain should be prolonged, exactly as he may cause a temporary aggravation of a skin disease which he wishes to drive out.

If the orthodox doctor sees a case of cancer, or if he discovers a swelling which he suspects of cancer, he usually does not dare to treat it. According to the orthodox text-books, "cancer is incurable except by operation." So he considers it his duty to send the patient to a surgeon, and the surgeon operates because he does not wish to take any risks. Surgeons monopolise the treatment of cancer by the knife, the cautery and radiology, and they declare any other form of treatment to be quackery, which should be visited by

severe punishment. I have seen numerous cancer cures effected by able homœopathic doctors, and hundreds of cancer cures are to be found in homœopathic literature. However, very few homœopathic doctors have the ability and the courage to treat non-surgically patients suffering from cancer. In the present book, and in my two other homœopathic volumes mentioned previously, will be found a large number of cancer cures effected by leading homœopathic practitioners and by myself. Cancer is certainly not a local disease which can be cured by cutting out the local manifestation.

The very elementary treatments of orthodox medicine can be learned by a bright individual in a few months, if not in a few weeks. Years of study are not required in order to produce a good doctor, but to enable a student to pass theoretical examinations which are required if he wishes to obtain the title of doctor, and the privilege of prescribing dangerous medicines and of signing death certificates.

Homœopathic treatment cannot be learned in a few weeks or months, even if there is personal tuition by a good homœopathic practitioner. It takes years of study to know the scope of homœopathic medicines in their different dosages. Homœopaths give the same medicines in every potency, from the pure drug to the hundred thousandth potency. Homœopathic treatment requires qualifications entirely different from those needed by the orthodox doctor. Hence, a good orthodox doctor may become a very indifferent homœopath, and a second-rate orthodox doctor may become an excellent homœopath. A good pianist may be a wretched organist, and a poor pianist may become a prince of organists.

Unfortunately, the percentage of good homœopathic doctors is small, but this cannot be wondered at in view of the great difficulty of homœopathic treatment, and the absorbing study which every single case requires. Under the homœopathic system, mass treatment, panel treatment and out-patients' department treatment, as practised universally, is impossible.

There is another great difficulty under which homœo-

paths labour. Samuel Hahnemann, the founder of homœopathy, was eager to know the effect of every drug. He studied each drug during weeks and months of unending labour and research. Hahnemann insisted that homœopathic medicine should be given in minimum quantities, and in extremely rare doses, perhaps once a week or once a month, or less often. He also insisted that no two drugs should be given simultaneously. These principles were, of course, reasonable, and answered at a time when it was necessary to discover the range and power of the wonderful new remedies. Homœopathic doctors who have been trained in the Hahnemann method labour under a tremendous difficulty which bewilders every beginner.

In the olden days, when medical treatment was unspeakably cruel, when people were bled to death, were burnt with the actual cautery, were salivated, were treated with vomitives and purgatives in incredibly large doses, and when there were no medicines which would give sleep or relieve pain, the poor patients suffered agony under the ministrations of the doctors. Therefore, they welcomed the gentle system of homœopathy, which at least did not inflict grave suffering. Nowadays, when every sufferer can get relief from pain by calling in the doctor, and when he can get relief without a doctor by buying a shilling's worth of aspirin, the homœopathic doctor who acts in the strict Hahnemannian manner works under a great disadvantage. Many of the homœopathic doctors who follow the strict Hahnemannian way try one medicine for a month or two on a patient, and if it does not act, then they try a second medicine for a month or two. In this way many months may be lost before the right medicine is discovered. I, personally, tried at first to cure patients in the Hahnemannian manner, but I found the procedure too difficult and too protracted. When a patient comes to me, I tell him that in a week he will probably be better, and in 90 per cent. of the cases he is better within a week. That does not often happen in strict homœopathic treatment as taught by Hahnemann.

There are numerous homœopathic journals. There are fifteen or twenty in the English language, pub-

lished in England, in the United States and India. There are numerous homœopathic journals published in French, German, Spanish, Dutch, Italian, etc. In these journals, cures are described by leading homœopathic practitioners. There are frequent descriptions of cures effected with a single remedy, given in two or three doses, with an interval of a month or two, and such cures are called "brilliant cures." They may appear brilliant to the enthusiastic homœopathic doctor who is steeped in the Hahnemann law. They may appear less brilliant to the patient, who had hoped for a cure in a few days or weeks, not in a few months or years. In my opinion a doctor or lay prescriber has no right to experiment on his patients with single remedies in high potencies. The patient comes to him, not in order to enable the doctor to proclaim to his colleagues that he has produced a *brilliant* cure, but in the expectation that the doctor will produce a *rapid* cure, and it is a matter of the utmost indifference to him whether that cure is produced with three doses at three months' interval, or with hundreds of doses given so many times a day during, let us say, six weeks.

After experimenting with the single dose and the single drug given in infinitely small quantities, I learned by practical experience that the best method to cure a patient consists in using one's common sense, and in employing drugs in high or low potencies, giving frequent or infrequent doses in accordance with the requirements of each individual case. Further, I discovered that the mixing of drugs, although condemned by Hahnemann and his principal successors, is extremely efficient, provided the right drugs are combined. After all, many of the single drugs employed by homœopaths contain a large number of different drugs if they are analysed by the chemist. Many of the herbal remedies contain twenty or more different chemicals, which have been blended by nature into a single efficient whole. The homœopathy which I practise is different from the homœopathy taught in the schools. It is based entirely upon practical experience, and I have evolved my own system of treatment.

without over-much regard to standardised methods, both orthodox and homœopathic. I have described in full detail a number of cases, and readers will be able to study my methods of treatment, because I give all the facts required.

While in the homœopathic schools and lecture-rooms students are taught that they should use only a single drug at a time, I have found that some of the ablest homœopathic practitioners disregard Hahnemann's injunctions as to treatment. The late Dr. John H. Clarke was one of the ablest homœopathic practitioners of his time. He was an excellent doctor and had an enormous clientèle. He was also a man of science. He composed the largest homœopathic *materia medica*, in four huge volumes, which run to about 3,000 pages, and he spent sixteen years in compiling it. I had the privilege of enjoying Dr. Clarke's friendship. When Mrs. Clarke was ill, or ailing, Dr. Clarke habitually mixed a number of drugs in a little water and made her drink it. I have seen this many times. Other eminent homœopaths of my acquaintance have acted likewise.

There are diseases which are extremely easy to diagnose and treat. There are other complaints which are difficult to diagnose, or which are absolutely undiagnosable. Some time ago, a wealthy woman told me: "I have never been ill, but I also have never been well." This meant, of course, that she had been ill all her life, and that all the doctors and specialists whom she had consulted had not been able to diagnose the disease. From their point of view her sufferings were imaginary. If a doctor is too polite to say, "Your disease is imaginary," he will say, "Your disease is nervous," and the patient afterwards explains to his friends: "The doctor has said it is only the nerves." If a doctor really thinks that a disease is purely nervous, and that the patient is nervy, then he is apt to give bromide and luminal, drugs which have never cured a single case, and which poison the system when used too long. I have seen many cases of bromide and luminal poisoning. If a patient complains about his stomach, liver or gall bladder, and the usual and very perfunctory tests and examinations do not disclose

any defect, then the unfortunate patient is told: "Your trouble is only functional, not organic." It is no consolation to the patient who has pain in the stomach, or who cannot digest his food, if he is told that his trouble is not organic but only functional. The doctor denies that there is any organic fault because the primitive implements used by the diagnostician show that the stomach is the right shape, the right size, is in the right position, and empties itself more or less normally. He cannot discover the cause of the pain, and therefore the pain does not exist as far as he is concerned.

The homœopath, instead of using a large number of instruments in order to arrive at a definite diagnosis, treats the symptoms. If a patient complains about obscure troubles in the stomach, throat, eyes and skin, he may find that the orthodox doctor has not the slightest notion what to do, and he is therefore likely to be given a tonic or a sedative, or he may be told to have all his teeth extracted, etc. If the same patient goes to a good homœopath, the homœopath will not endeavour to find the obscure name of his trouble, but he will study the case in order to find a remedy or some remedies which are likely to cure the symptoms complained of. If all the symptoms of the patient have disappeared, it may be taken for granted that the mysterious disease which caused all the symptoms has disappeared as well.

The patient wants to have comfort—he does not want to know that he suffers from some disease or other—and if the homœopath succeeds in curing the patient without making a diagnosis, the patient will be perfectly satisfied. It has happened to me many times that a patient, after being cured, asked: "What was the name of my disease?" As a rule I reply: "I have not the slightest notion. I have no time to diagnose cases, I merely cure them, and their official name is of no interest to me. When you have rats in the larder, you wish the rats to be caught and destroyed. You are not interested in their Latin or Greek name."

In complicated cases it is impossible for the modern doctor to make a scientific diagnosis. Such a diagnosis can be made only by team-work. The patient is

examined in the orthodox way as regards his outside. His inside may be examined with numerous complicated instruments, which only specialists know how to use. Tubes are inserted deep into the bowel, into the stomach, into the bladder, scientific tests are made of the contents of the stomach, of the secretions and excretions, the blood is examined microscopically and analytically, X-ray photographs are taken, and so forth and so on. A full diagnosis of a complicated case may take weeks, and meanwhile the unfortunate sufferer is given no treatment, and this lack of treatment is described by the formula that the patient is "under observation."

The able homœopath can start treatment instantaneously, however complicated and obscure the case may be. The patient complains of certain symptoms, and the homœopath can, as a rule, immediately relieve the most disagreeable symptoms without dopping the patient, and without injuring him in any other way. Exact knowledge of the disease and of the organisms causing it is unnecessary in homœopathic treatment.

A century ago, Europe was invaded from the East by cholera. The orthodox profession was helpless, and advocated profuse bleeding and similar useless and deadly procedures. Hahnemann, who was then a very old man, heard of the symptoms produced by cholera, and although he had not seen a single cholera case, he immediately prescribed for the various symptoms, Camphor, Cuprum and Veratrum Album. These remedies produced innumerable cures during that cholera epidemic and during subsequent ones. Homœopathic treatment is purely symptomatic, and no elaborate diagnosis is needed. That is a tremendous advantage.

As the homœopath is guided, not by a more or less exact diagnosis, but by the symptoms of the patient, he can frequently treat cases successfully when specialists have failed. The good homœopath treats every speciality known to medical science, and an able homœopath will frequently undertake cases which are mysterious to him.

I myself, have cured numerous cases when the most

eminent specialists had failed. It is immaterial to me whether the cases are those which would normally go to the gynæcologist, dermatologist, neurologist, etc. If a patient comes to me and asks: "Have you ever seen a case like mine?" he asks the question because he wishes to know whether I am a specialist who has successfully treated cases similar to his. His case may be one which is absolutely unique in medical history, or it may be a case which is merely unique to me, but the fact that I have never seen a similar case would not deter me from undertaking it, as long as there are symptoms which call imperatively for some homœopathic remedy or remedies. The general practitioner knows his limitations, and sends numerous patients to brain specialists, nerve specialists, skin specialists, bladder specialists, etc. The able homœopath will rarely find it necessary to send his patients to specialists, except to the surgeon. Whether the disease is known or unknown to him, whether the case is clear or obscure, does not matter, provided he knows his business.

Many leading homœopaths have made matters unreasonably difficult for those who wish to take up homœopathy. They not only insist that every disease should be treated with a single dose of a single medicine, which handicaps prescribers very greatly, but they also terrify the beginner by dwelling on difficulties which do not exist in reality. They point out the danger of giving more than one medicine and of repeating doses. They tell us that one can ruin a case by giving an unsuitable medicine or a suitable medicine in the wrong strength. Further, they tell us that one medicine may be antidoted by another, that cases can easily be completely ruined by a wrong selection of medicaments, and in many cases the result is that the beginner is afraid to give any medicine, and at last gives up in despair.

The warnings of incompatibility, of the danger of selecting the wrong medicine or the wrong potency, etc., are uncalled for. It will be noticed from the practical examples given in this volume that in many cases I have given a large number of medicines in high

and in low potencies, and I have never attempted to cure a case with an infinitely small dose given at long intervals unless the case was not urgent and the indications that a cure might be effected by a single dose were exceedingly strong. I remember a man coming to me who complained bitterly of digestive troubles. It seemed to me that all his symptoms pointed to Pulsatilla, a woman's remedy. One of the leading Pulsatilla symptoms is weepiness. I asked the patient a few questions, and when I expressed to him my sympathy with his troubles he burst into tears. I gave him a single dose of Pulsatilla in the 200th potency and a box of unmedicated sugar pills, telling him to take a dose night and morning. After some weeks he reported to me that he was vastly better, and that the pills which he had taken night and morning were the most wonderful remedy he had ever had.

CHAPTER VIII

MISTAKES MADE IN HOMŒOPATHIC PRESCRIBING

SOME years ago I was in the company of a number of distinguished physicians and surgeons of the orthodox school. Most of them had important titles to their names. They all resided in the consultants' quarter. The conversation turned to avoidable failures in medicine and surgery and each of the distinguished men unburdened his conscience. One said: "I killed So-and-So by making such and such a mistaken operation"; another one chimed in: "I made a worse mistake by doing so and so and killing that poor devil." Similar confessions were made with regard to medicinal treatment. Of course, mistakes are unavoidable. He who makes no mistakes never does anything useful. Even the best and the most careful homœopathic prescribers make avoidable mistakes in treatment, and every conscientious homœopath should occasionally review not only his successes but also, and particularly, his failures.

"Some little time ago a distinguished lady came to me complaining of headaches, difficulty in walking, etc. She and her family had been under the care of one of the most eminent homœopathic doctors, who took unending trouble with her case. He went into all her symptoms with the greatest thoroughness, examined her thoroughly in exactly the same way in which a physician of the orthodox school would have examined her, and prescribed for her. His prescription was a failure. She returned to him repeatedly and he was unsuccessful time after time. At last she came to me.

Before going into her case with a view to finding a suitable medicine based on the totality of her symptoms, I acted, as I always do, in accordance with Hahnemann's often-expressed demand that no medi-

cine should be prescribed for a patient until all ordinary and common-sense matters had been carefully studied and gross faults of living, diet, etc., had been eliminated. The homœopathic physician had overlooked this injunction and had assumed that her diet was fairly normal. He had merely told her that she should not take too much meat and avoid some of the most common mistakes of diet. I took down carefully and in full detail everything she was eating and drinking at the various meals and in between. I asked her how many pieces of sugar she put into her tea, whether she took it strong or very strong, hot or very hot, much or little milk, how much condiments she used, and so forth and so on. I discovered that her trouble was largely due to an extremely faulty dietary.

Most patients, however faulty their diet, imagine that there is no fault to be found with it because they have always followed it. She had been living on a diet extremely poor in vitamins and mineral elements, a diet which produces diseases of every kind in laboratory animals, as has been shown by some distinguished experimenters, such as McCarrison, Plimmer and others. With the greatest reluctance she agreed to reform her diet completely and take large quantities of ordinary bran from the corn chandler's which is rich in all the vitamins and mineral elements, an adequate quantity of liquid, etc. In addition I gave her some homœopathic medicines which were probably chosen less well than those selected by her distinguished homœopathic physician. She improved promptly. Obviously her trouble was largely nutritional.

Some time ago another lady came to me who had lost the sight of the left eye. She had been to an able homœopathic doctor who had prescribed for her without considering the all-important question of diet, excretions, etc. The lady was of an apoplectic type, several relatives of hers had died from heart disease or a stroke and it was highly significant that not only the left eye was suffering but that the left ear was rapidly becoming deaf. It had been discovered that a clot had formed in the eye, obstructing the apparatus

of vision. Such a clot can be dissolved or be absorbed by means of *Arnica* and various other homœopathic remedies which probably had been given. Very likely the trouble of the left eye and the left ear was due to the hardening of the arteries within the skull, affecting the brain. She was constipated, lived on a heating diet, likely to produce arteriosclerosis, and took hardly any liquid. I put her on a suitable diet to bring down her blood pressure and she improved promptly.

It should not be thought that I am singular in discovering the mistakes made by other homœopathic prescribers. I make similar mistakes and do not mind confessing them. Some time ago I saw a Mrs. H., who came to me with a diagnosis of disseminated sclerosis, in plain English, creeping paralysis. She dragged one foot, the condition had gradually become worse, and to all appearances the trouble came from the spinal cord. She was in poor condition, jaundiced, constipated, etc. I prescribed for her to the best of my ability, giving her a suitable diet, regulating her bowels by dietetic means, etc. She improved constitutionally, but the legs improved only slightly. They ceased to be icy cold, pain diminished, but walking capacity did not improve. After some considerable time I saw her again. She dragged her foot exactly as she had done before. Suddenly it occurred to me that I would look at her feet, although she had assured me that she had not flat feet. The feet were poorly shaped and I asked her to walk about without her shoes. She then could scarcely walk at all and entreated me to let her have her shoes. This suggested to me that, notwithstanding her assurances, she had flat feet, and that she needed arch supports more than homœopathic medicines. I improvised arch supports, put them into her shoes, asked her to walk about and there was an immediate improvement in walking.

Some time ago an elderly man came to me with various troubles, combined with malfunctioning of the liver. He complained bitterly of various symptoms, particularly of fearful itching of the legs at night in bed. It is a well-known fact that if the liver does not function well, the gall, instead of being discharged

into the bowel, is sent into the blood, causing jaundice and great irritation of the skin. I carefully went into the case and prescribed what I thought were the most suitable remedies, together with the indicated diet, but the itching of the legs at night did not get better although the patient improved in other ways. In carefully going over the case once more it appeared that the itching of the legs was not due to the liver, but to the fact that the man laced his boots far too tightly, interfering with the circulation. When he took his boots off at night the rush of blood towards the feet caused the irritation of which he had complained.

One must always carefully consider the common-sense aspects, studying the case of every patient like a detective. This reminds me of an incident in Hahnemann's career. A friend of his, a painter, became seriously indisposed. Hahnemann went very carefully into all the aspects of the case but did not succeed in curing him, and was disappointed. One day he saw his painter friend at work. He was painting with sepia, and Hahnemann noticed that the painter moistened the brush with his lips, then used sepia, moistened it again and so on, swallowing a considerable amount of sepia, which he thought was quite harmless. It occurred to Hahnemann that sepia poisoning might be at the bottom of the trouble, and this was actually the case. He studied Sepia and it became an important medicine in Homœopathy.

CHAPTER IX

PSYCHOLOGICAL TREATMENT

OF late years psychological treatment has come to the fore. In Harley Street, London, in the provincial Harley Streets of England and elsewhere may be found specialists in psychological treatment. Many of them tell us that most diseases are psychological, and that they can cure innumerable disorders by psychology alone. Those who concentrate upon psychology must, of course, praise their speciality. Most psychologists are psychologists only, and they declare that medicinal treatments are more or less useless.

Doctors should never be one-sided. The surgeon wishes to treat everything with knife and cautery, the throat specialist declares that every disease is due to septic tonsils and antrums, the dentist tells us that most diseases are due to pyorrhœa, the dietetic specialist believes that all our diseases are due to a faulty diet, the endocrine gland specialist proclaims that all our diseases are due to malfunctioning of some gland.

Hippocrates, the father of medicine, was a great physician, a great surgeon, a great dietician and a nature curer. He used numerous medicines. He was not a specialist but a universalist. I think every good prescriber should follow the example of Hippocrates. Patients get utterly bewildered when they go on a pilgrimage from one specialist to the other. Every specialist tells the unfortunate patient that there is no salvation for him except by the procedures to which he has devoted his professional life.

Every physician and lay healer should employ psychology, and not much study of books on psychology is needed. Every patient wishes that his doctor should take a deep personal interest in him. He does not go to the doctor to be given dry science but

practical human help. To him an ounce of sympathy is far more precious than a ton of psychology, physiology and pathology combined. If a doctor wishes to be successful, his work should be to him a calling, not a profession. He should not "profess" medicine but should feel a deep call, an irresistible urge to heal the sick, and his patients will immediately sense that he is a real healer, and they will cling to him, even if they are men of science.

The practitioner should not adopt a detached and scientific attitude. He should be human. He should see in the sick person a suffering brother or sister, and he should treat the patient with heartfelt sympathy. Hippocrates wrote 2,300 years ago: "If a man wishes to be a good doctor he must love his work and he must love his patients, must love mankind." If a man merely "professes" medicine, if he has become a doctor because he hopes for a certain income and social position, he will fail. He may possibly succeed in making money, but he will get no real satisfaction out of his work.

There are excellent doctors who are bad psychologists, whose life is a sequence of disappointments. I knew two eminent specialists. One was a nerve specialist and the other specialised in the diseases of the digestive canal. Both had an encyclopædic knowledge, both were eminent scientists, but they lacked the human touch. They horrified their patients who shrank from the searching glance of these men and the mysterious knowledge which they were supposed to possess. They made their patients ill, and both had to give up their work. On the other hand, a sympathetic individual with inadequate professional accomplishments may cure when the great but unsympathetic specialists have failed. Fear and distress are creators of disease, while hope and confidence are the most wonderful healing factors. An indifferent doctor who receives his patients smilingly and talks to them sympathetically will probably be infinitely more successful than the man with an encyclopædic knowledge of disease, who lacks the human touch.

Nearly every patient tells the doctor: "Doctor, I

am not afraid of death. I want to know the truth. What ails me?" The patient, although he demands the truth, does not want to hear it unless it is pleasant. If a man has a doubtful swelling, and the doctor gives a learned disquisition about tumours, the patient will leave the consulting-room disheartened, distressed and possibly desperate. He has received a fearful psychological injury. Even if the patient is a cancer specialist, one must never tell him: "It may be cancer." In such cases the practitioner should say: "You undoubtedly have a swelling. No one can tell what is its character. You look a healthy man, you have led a healthy life, and I do not see the slightest reason why this should be anything serious. I cannot tell for certain, nor can anyone, but I am quite optimistic about your condition, and I imagine that in a few weeks you will be distinctly better." The patient who says that he wants to hear the truth lies, and the doctor who gives the patient the real truth is foolish.

"I have seen recoveries by the score from diseases declared absolutely incurable. There are no incurable diseases. If a doctor cannot cure, nature can cure, but patients attacked by severe diseases are not likely to get well if their vital power is injured beyond repair by a pessimistic diagnosis. I have actually seen hundreds of cases where the patient had been told that he suffered from some incurable disease, when the diagnosis was mistaken. No patient must be told that he has cancer. Even the word "tumour" should be avoided. As soon as the layman is told he has a tumour he fears cancer. When a patient comes to me and tells me with horror that his doctor has found a tumour on him, I immediately tell him: "There are no such things as tumours in the English language. Tumour is the Latin for swelling. You have a swelling, but every wart is a swelling or tumour, and so is every mole."

Unfortunately there are doctors who arouse the fears of the public. I remember a woman coming to me who was horrified because her doctor had told her that she suffered from a verruca. I smilingly said: "This sounds very terrifying, but tell me, what is it

verruca in plain English?" She did not know. When I told her that a verruca is an ordinary wart she was in the seventh heaven. Another woman of nervous type was told by her doctor that she suffered from a *nævus*. She was so terrified by the Latin word that she asked her doctor to send her to a specialist. The specialist confirmed the diagnosis of the doctor. He told her that it was indeed a *nævus*, he charged her several guineas for the information, and asked her to come back again in a month because he wished to keep her under observation. I told the poor thing: "Why did you not tell the doctor and specialist: 'I do not know Latin. Would you kindly explain to me what a *nævus* is in English?' I suppose they would have blushed if you had put that natural question. A *nævus* is an ordinary mole."

A poor ignorant woman came to me in the deepest distress. She told me: "Last year I suffered from catarrh of the stomach and had some pain in the stomach. My doctor is away. I saw his partner and he told me that I suffered from gastritis and gastrodynia." She was frightened. I told her: "Gastritis means catarrhal inflammation of the stomach, so that is nothing new to you, and gastrodynia is merely a scientific term for stomach-ache."

For more than a thousand years doctors have endeavoured to exalt their profession and to give themselves great prestige by creating a mystery around the art of healing. Prescriptions are written in Latin even if the doctor who writes it has forgotten Latin, and mysterious signs are employed instead of those which plain men and women can read. In the olden days doctors spoke in Latin to one another in consultation at the bedside. Every triviality is given an impressive Latin name, and every year more impressive disease names are invented by industrious medical men. The result has been that no layman can read a medical book or article. Doctors themselves find it difficult to read their own literature unless they possess a medical dictionary. Medical dictionaries are volumes of more than a thousand pages in which the doctor can discover the meaning of about 100,000 difficult words

which he may find in his literature. Without a medical dictionary doctors cannot read their own journals. It is not surprising that medical dictionaries have the biggest sale among medical books. The professional library of a medical man may consist of only half a dozen volumes, but it is almost certain that there is a medical dictionary.

A wise doctor will never use a scientific term derived from the Latin or Greek. Even educated people would rather be told that their child suffers from bed-wetting than from enuresis nocturna. It is not necessary to tell patients that they have a fistula. It is much better to tell them that they have developed a vent, discharging disease material for their good. I have always been guided by this principle, and have found my patients, both educated and uneducated, appreciative of my talking common sense and not pseudo-scientific gibberish. I take my patients into my confidence, but I tell them only as much as is good for them to know. If there is any danger I like to keep the matter to myself. I would rather worry about my patient than let the patient worry about his health.

CHAPTER X

CURES BY COMMON SENSE

ONE of the best medicines in the world is common sense, although it is not mentioned in the *materia medica*. Very frequently experienced doctors and specialists, while looking for the remote, overlook the obvious. Most doctors fail to enquire about common-sense matters such as diet, not realising that most disorders and diseases are due to dietetic mistakes, to chronic constipation, to the abuse of baths, exercise and other commonplace things. I would give a few examples from my practice.

Two or three years ago I was consulted by a lady who lived in one of the large manufacturing towns. She had been desperately ill for a long time. The local doctors and specialists had tried their best and had failed to cure. She stayed at a celebrated diagnostic establishment for a number of weeks, was charged heavily, and left with the diagnosis that she suffered from an extremely rare disease of the pancreas, not from ordinary diabetes, of which there was no sign. The pancreas is situated at the back of the stomach, far out of the way of the investigator, and I doubted the diagnosis.

The lady wished me to investigate the scientific findings, and produced a parcel of documents such as X-rays, analyses of the blood, of the spinal fluid, of the urine, and so forth. I smilingly told her that I attached very little value to scientific investigations, and that I was not so much interested in the name of the disease as in its causation. After these remarks I asked her: "Did the people enquire into your diet?"—"I'm afraid they didn't." Her trouble was dietetic. I gave her a few homœopathic medicines and a diet. She recovered rapidly and was playing golf energetically within two or three weeks.

A patient of mine, Mrs. W. F., was very alarmed about her husband. He had been a healthy, strong man; he had gone through the war with distinction, and had come back with trench fever which had been treated with injections. He had been poisoned through eating bad fish, was stung by a fly which produced blood poisoning, and then his digestion had gone to pieces. He lost several stone in weight, looked like a spectre, felt desperately ill, had a most horrible breath, complained about violent pains in the abdomen, and had visited a number of doctors and specialists. They made the usual tests, pumped out the stomach and analysed the stomach contents, and told the unfortunate man that his stomach produced no hydrochloric acid, and that the only treatment was the taking of hydrochloric acid in maximum doses.

Absence of hydrochloric acid is a serious symptom. It is frequently found in cancer of the stomach. The wife realised that it could not be good for her husband to take enormous quantities of hydrochloric acid after every meal, and induced him to see me. Mr. W. F. visited me on December 23rd, 1936. He was tall, very thin, had a sallow, unhealthy complexion, swollen and inflamed eyelids, looked nervy, and he produced the hydrochloric-acid bottle which was always with him. He was not allowed to eat anything without hydrochloric acid. I carefully went into his case and came to the conclusion that the trouble was in all probability due to a number of vaccinations. I told him in my directions: "According to the doctors there is no hydrochloric acid in your stomach, but I doubt this statement. There is probably only an insufficient quantity. This shortage has resulted in mal-digestion of flesh, fish and fowl, which require considerable quantities of hydrochloric acid for proper digestion. The logical treatment of your complaint is not pumping hydrochloric acid into you, as is done now, but taking away flesh, fish and fowl, and putting you on to a vegetarian diet."

I replaced flesh, fish and fowl by a milky diet, with eggs, cheese, etc., and in order to help his digestion, I gave him Nux Vomica, a thousandth of a grain to be

taken before each meal. He looked dubiously at the little pills which he was given. I told him to take hydrochloric acid only if he needed it, and to take as much acid as was required for his comfort.

I saw Mr. W. F. for the second time on February 6th, 1937, after six or seven weeks' treatment. He looked vastly better. The pain which he had had unceasingly disappeared, and he had not taken a drop of hydrochloric acid which his doctor and specialist had declared to be indispensable.

Early in February, 1937, the husband of a patient of mine told me over the telephone in a terrified voice: "Yesterday my wife had a fearful pain in the abdomen. I sent for the nearest doctor. He examined my wife in bed and told her that she had an abdominal tumour as large as a child's head. She is in despair. What shall I do? She does not want to be operated upon. Her father died of cancer and her mother has been operated upon for cancer."

I told him: "Don't do anything, let me do the doing." I wrote the wife a chatty letter, asked her why I had not seen her for such a long time, and hoped that she had not got influenza. On receipt she telephoned that she had had terrible news from the doctor, that she was determined not to be operated upon although her father and mother had been operated upon, etc. From her attitude, it was clear to me that she feared that she had cancer, and that her case was hopeless.

I tried to cheer her and invited her to my rooms. She arrived the next day and looked the picture of despair. She told me that as her parents had cancer, she had undoubtedly got it as well, and that she would die without an operation. I tried my best to console her and told her that very likely she suffered only from a fibroid tumour of the womb which occurred frequently in women who were undergoing the change of life, that fibroid tumours could, as a rule, be cured by homœopathic medication, etc. Then I asked her to lie on the couch.

To my amazement there was not the slightest trace of a tumour. A doctor friend happened to be in the

room, and he palpated her abdomen and could find no trace of a swelling. I laughingly said to my patient: "I cannot understand you. You came here to see me and show me a tumour and you left it at home! How could you be so forgetful!" She started digging into her abdomen and could not find any swelling. Yet it had been as hard as a billiard ball, and as large as a child's head. I told her that the softest tyre, when sufficiently inflated, will become as hard as a billiard ball, and that her trouble did not consist of a dangerous tumour, but of incarcerated flatulence. Many people die of a mistaken diagnosis.

Six or seven years ago, two young and very innocent people married. They loved one another dearly and hoped that they would have children, but no children arrived. After having waited for a time, they consulted a doctor who sent them on to a specialist. The specialist carefully examined both husband and wife, but could not find anything wrong with either, but, as a routine measure, did an operation on the womb of the wife with a view to correcting a theoretical fault and sent the lady home full of hope.

Nothing happened and she returned to the specialist after a year, who made several further operations on her. Both husband and wife spent a great deal of time and of money visiting doctors and specialists, and so things went on without any offspring arriving.

At last they met a man of common sense who, instead of examining the local condition, made enquiries about sex relations, and it appeared that the two young innocents, although married for years, had not taken the usual steps which since time immemorial have produced children. They did not know what to do. They had never asked their parents for information nor their doctor, and the doctors and specialists who were consulted took it for granted that their marriage had been consummated.

CHAPTER XI

THE MISUSE OF SURGERY

A SCANDAL CASE FROM NEW ZEALAND. A CASE OF X-RAY INJURY. THE GRASS GREEN WOMAN

ONE of the greatest surgeons of modern times told me that 90 per cent. of all surgical operations are done for the good of the surgeon. Possibly that estimate was exaggerated. Possibly it is more or less correct. The most frequent operations are, of course, minor operations and innumerable minor operations are really done for the good of the surgeon. There are fashions in treatment. In the olden times, when there were no anæsthetics and antiseptics, operations were painful and extremely dangerous. Even a trivial operation such as the cutting off of a small outward growth, or of a finger-joint, often led to wound fever and death. In the days before anæsthetics were used, people were occasionally made insensitive to pain with alcohol. As a rule the unfortunate patient was held down by a number of sturdy porters, and the operation was performed notwithstanding his protests, until prodigious loss of blood led to fainting and painlessness. While formerly patients hesitated to be operated upon, they now go to the operating-table with alacrity.

Medicine is in a poor way. Medication, as practised by the orthodox profession, is very unsatisfactory. Many orthodox doctors have the most profound disbelief in the remedies of the *materia medica*. Many doctors do not wish to prescribe medicine, because they believe that medicine is useless. They prescribe pain-killers, sleeping-draughts and tablets, etc., and they leave the disease itself more or less to nature. They perfunctorily prescribe digitalis for heart disease, anti-acids for indigestion, iodine for goitre, and so forth. They readily send patients to the surgeon.

The most numerous operations are minor ones. In certain public schools, half the children have had their tonsils cut out. Cutting out of tonsils is at present a mania, but it shows signs of waning. Twenty or thirty years ago, almost every woman was told that she had floating kidneys, and that the kidneys ought to be stitched up. That operation has almost disappeared. About the same time surgeons regularly excised swollen glands at the side of the neck. I believe this operation is now universally condemned. Fashion rules surgery.

Some time ago I made the acquaintance of an eminent throat specialist, who informed me that he had excised, I believe, twenty thousand tonsils, and that it took him fifteen seconds to do the operation. I wanted to have a joke with him, and so I asked him: "How many tonsils do you think I have had taken out?"—"Perhaps three hundred," he replied. "Not so many," was my rejoinder. "Have you had as many as a hundred and fifty?"—"Oh, no!"—"Fifty?"—"No."—"How many have you had cut out?"—"None. It is never necessary."

It does not require much knowledge to look at enlarged tonsils and to say: "The tonsils must come out." Tonsils, whether septic or enlarged, are part of the body, and they are organs of elimination. If the body wishes to eliminate disease material, there are a number of openings, and occasionally disease material is discharged by the tonsils for the good of the body. The proper treatment for enlarged and septic tonsils consists, therefore, not in destroying the evidence of septicity or toxicity of the body, but in finding the cause and eliminating it. I give in the body of this book some examples as to how sick tonsils should be treated.

There is just now a mania among medical men to seek either for the guilty microbe, or for the septic focus of disease. In obscure disorders the doctor is apt to look into the patient's mouth, and if he sees enlarged tonsils, he proclaims: "The tonsils must come out." If the tonsils have already been taken out, he may look at the teeth, without over-much knowledge

of dental conditions, and he may order the taking out of all the teeth. Scores of patients have come to me and have complained that their tonsils were taken out, and that afterwards they became much worse, that their teeth were extracted, although they were perfectly healthy, and that from that day onwards their health had deteriorated. Many dentists have told me with indignation that patients were sent to them by doctors who had ordered the extraction of all the teeth, although they were perfectly healthy. Of course, dentists to whom doctors send patients are in a very awkward position. If they tell the patient: "Your teeth are perfectly healthy, it would be a shame to take them out," the doctor who ordered the extraction is offended, his reputation has been damaged, and he will never send him another patient. The dentist who extracts teeth usually provides dentures as well, and the provision of dentures is the most profitable branch of the dental profession. A denture supplied by a first-rate dentist will cost round about a hundred guineas. Hence dentists reluctantly carry out the directions of doctors, ruining healthy mouths against their conviction.

When patients seek the advice of doctors, and when they are already toothless and tonsil-less, some other "focus" has to be discovered. If there are signs of catarrh, and indications that the antrums and sinuses are involved, patients are sent to a specialist for the draining of these structures. If there is pus in antrums and sinuses, there may be unpleasant consequences such as violent headaches, the sensation of being poisoned, etc. The sinuses and antrums, like the tonsils, act as organs of elimination. The draining of these cavities does not produce a cure, because the surgeon who performs the operation fails to deal with the fundamental cause. I have never yet allowed sinuses and antrums to be drained, because I have hitherto found that this operation is useless. One cannot cure the gout of the gouty by cutting off the gouty toes or fingers.

A few decades ago even the best surgeons hesitated to operate on the abdomen. The technique of operations

has been so much improved that abdominal operations have become an everyday event. As soon as a doctor is consulted about obscure pain in the abdomen, he thinks of appendicitis and various other abdominal conditions, and if he sends the patient to a surgeon for an opinion, the patient will probably be told that his appendix ought to be taken out, or that his gall bladder should be opened, or that an exploratory operation should be performed, etc. I have often seen appendicitis cured without operation. My mother had a violent attack of appendicitis when staying in Switzerland at an hotel at a very high altitude. She could not be transported, and no surgeon was willing to operate at the hotel. She made a brilliant recovery. Homœopathic doctors have performed innumerable cures of appendicitis without operation. So have orthodox doctors who do not believe in operations. It appears that if a patient attacked by appendicitis is made to fast, if his bowel is emptied with an enema, and if hot applications are put on the abdomen, a cure takes place in the vast majority of cases, if not in all cases. However, as operation is the fashionable treatment of appendicitis, it cannot be expected that doctors will advise against an operation. If the patient should die, they might be ruined for having failed to call in a surgeon.

The doctors are overawed by the surgeons. Surgeons have a far greater prestige than doctors, partly because surgery is a greater mystery to the lay mind than medicine, and partly because the surgeons charge exorbitant fees. The surgeon who charges a fee of one hundred, two hundred or five hundred guineas for an important operation is considered by the layman as a much greater man than a physician who charges one, two or three guineas. Many patients like to boast of their operations. "I was operated for fibroid by a Sir So-and-So, baronet. The operation cost two hundred and fifty guineas. I was under the anæsthetic for an unconscionably long time, and I nearly died under it. At the last moment I was miraculously saved. After the operation I was shown the fibroid in a glass

jar. It was as large as a coco-nut." This tale sounds romantic, and impresses one's audience.

On the other hand, it sounds rather dull and commonplace if the patient says: "I had an enormous fibroid. I was advised to be operated upon, but I went to Dr. So-and-So, a homœopath," who opposed the operation. He treated me for two years with mysterious little pills and powders, the fibroid disappeared gradually, and the whole treatment cost only £34 10s.

The unfortunate thing about operations is that the mutilation of the patient frequently relieves but does not cure. If there is a cancerous tumour blocking the bowel or the swallowing tube, the surgeon may relieve the patient for a time, but he will probably die miserably, and his sufferings may be greater than those of patients who have not been operated upon. It frequently happens that patients almost *in extremis* are operated upon at a very high fee, although it must be clear to everyone that the condition is hopeless. There are many disadvantages connected with surgery. As previously stated, the excision of an organ may not cure the patient. It often does actual harm. Many patients have come to me and have told me: "My gall bladder, my womb, my ovary has been cut out, but I am now much worse than I was before the operation. In fact, ever since the operation I have gone down. I wish I had not had the operation."

Surgeons are able to obtain very high fees. The consequence is that many medical men become surgeons, not because they have a talent for surgery, not because they have an urge to become surgeons, but merely because they think that surgery is the most profitable branch of medicine. The majority of musicians are poor musicians, the majority of painters cannot paint, the majority of cooks cannot cook, and the majority of surgeons are poor surgeons. Good surgeons are as rare as great painters and great musicians. Surgery is not a science but an art. There are born healers and there are born surgeons, just as there are born musicians. Mozart composed divinely when he was five years old.

Another disadvantage of surgery is that every

operation produces a scar. External and internal scars are composed of tough, hard tissue of inferior vitality, of tissue which is insufficiently drained. Consequently, deterioration in scar tissue is frequent. Cancer frequently flourishes on scar tissue. Yet enthusiastic surgeons advise that every individual should search his body for moles, warts and other excrescences, and should have all these surgically removed, because otherwise they might become cancerous. Very possibly the increased incidence of cancer may be due to the mania of suppression, injection and surgical interference which has spread far and wide.

Violent surgical interference in the interior of the body is apt to lead to adhesions. After operations, bands are formed in the interior. Contraction of these bands takes place, and distortion is created. A lady patient of mine underwent an abdominal operation, I believe, for the excision of an appendix. After the operation the functioning of the abdominal organs became worse and worse, and at last an exploratory operation was performed. It was found that adhesions had formed throughout the abdomen. The intricate arrangement of the bowel, which is nearly thirty feet long, had been converted into a solid, hard mass. It was firmly adherent to various organs. The surgeon who performed the exploratory operation told the patient that it was quite impossible to free these grown-together organs and structures, and that nothing could be done. Happily, scar tissue can be dissolved by the homœopathy by the use of Silica. Patient use of Silica during many months helped the lady, and made her life more tolerable.

An eminent aviator suffered some years ago with constipation. His doctor sent him to a surgeon who advised the cutting out of the appendix. This operation was performed, but afterwards the bowel function came to an almost complete standstill. The poor fellow had the greatest difficulty in obtaining a clearance one or twice a week, although he used prodigious quantities of laxatives and purgatives. At last he came to me. I gave him Silica in various potencies, from the 12th to the 200th. This drug vastly improved his

condition, and bowel functioning became more or less normal.

It may be doubted that Silica is able to dissolve scar tissue, as dissolution took place inside the abdomen in the two cases described. The fact that Silica does dissolve scar tissue cannot be doubted. Some years ago a very beautiful woman came to me. She had a magnificent figure, and a most attractive face, but her face was marred by acne scars, which had produced innumerable deep pits on the cheeks, the forehead and elsewhere. This condition distressed her greatly. I gave her Silica in various potencies, and in about six months she had a perfect complexion. No surgeon could have done anything for the poor girl except suggest some operation or operations, which of course would have produced further scars.

The ever-increasing number of operations is partly due to the delusion among the public that an operation will provide a cure, and partly it is due to the prestige of the surgeon, who overawes the doctor, and has made him an implement, and sometimes an agent. In America, fee-splitting is quite common, is almost universal. The doctor sends as many cases as possible to the surgeon, and the surgeon divides with the doctor the huge fees he obtains. Thus doctors make an illegitimate income on the other side of the ocean, and unfortunately a similar condition has appeared in England as well. This was shown in Dr. Cronin's book, *The Citadel*, which has described the facts correctly. The splitting of surgical fees between the surgeon who performs the operation and the doctor who has sent the patient to the surgeon is a most lamentable thing. The leaders of the profession are greatly opposed to it, but it is difficult to see how this abuse can be stopped.

A Scandal Case from New Zealand.

One meets frequently cases which have been treated for years incompetently by doctors and surgeons. One finds cancer cases where year after year operation follows operation and none of the surgeons employed ever think for a moment that the trouble is due to some condition of the blood which needs treatment. One

finds cases of skin disease where only outward treatment has been given for twenty years by specialists although the trouble obviously comes from the blood and requires inward treatment, not outward applications. One finds cases of boils and carbuncles which have become chronic, and which are treated year after year with incision and outward application.

An illustration of orthodox mishandling will be given by the following letter which I have received from New Zealand, regarding Mr. W. A. W., which was addressed to a New Zealand practitioner. This case should serve as a warning to those readers who may be troubled with a chronic disease which needs internal treatment.

"DEAR SIR,—Having been recommended to you by some friends, I called at your place two weeks ago in order to consult you regarding treatment for myself. Unfortunately, you were absent, and as I was forced to leave Wellington two days later, I was unable to call on you again. I had a conversation with Mrs. B. and she said a personal interview was not absolutely necessary so long as I gave you a full description of the symptoms, etc., of my complaint. I offer my apologies for any irrelevant details I may give, but you will understand that the fullness of my description is only due to my eagerness to describe fully the symptoms. I am thirty-five years of age, short of stature, with a tendency towards obesity. Occupation, carpenter on the New Zealand Railway, chiefly in connection with bridges, which is rather heavy work. In 1914, when just over thirteen years of age, I received a knock through a stone on the left tibia, and one month later, after a week in bed with a severe ache in that region, I entered hospital with what the doctors term Osteomyelitis.

"It was found necessary to remove a large part of the tibia in order to excavate the inflamed marrow and pus, and I had to remain in hospital for 13 months. During that time the disease also attacked the left foot and elbow, and these parts also had to be opened. This condition has persisted right up to the present day at

varying intervals during more than 20 years, and the disease has attacked many parts of the body—the left hip-joint several times, right arm and cheek and down the ribs of the right-hand side. For the most part it has kept to the left side of the body and nearly always reverts to the left tibia, this area having been opened on about twenty occasions in all. Both the elbow- and left hip-joints have also been opened several times and the latter is at present the seat of the trouble. I entered the Christchurch Public Hospital in August, 1931, because of a bad hip, and remained there until August, 1935, in the meantime having several operations performed on the hip-joint both in the front of and around the buttock. During this period I also had to have some decayed bone removed from the left tibia just below the knee.

“Since I left hospital I have had to use crutches with a high boot (or sole) on the good side in order to keep the affected joint off the ground. During the period 1931-5 I had a discharging wound in some part of the hip, and since leaving the hospital it has been discharging pus either from the left buttock or the lower left region of the abdomen, where it is now coming from a small wound.

“I enclose a copy of the last operation and X-ray reports which may help you to understand the trouble.

“The symptoms of the complaint do not vary greatly only that the pain is much more severe when decayed bone is found in the affected area.

“The first indication of an attack is a slight soreness and stiffening of the area surrounding, both of which gradually increase until the pain becomes so severe that I find it necessary to place myself in the hands of a surgeon. This condition is accompanied by a rising temperature, but the latter, together with the pain, etc., immediately begin to disappear as soon as the affected area has been opened and the pus or decayed bone removed. When the pain is severe I generally lose any desire for food, but recover the appetite shortly after an operation. I am in a very good condition generally at present, though somewhat nervous and self-conscious. I am not quite sure of the

number of operations I have had, but a conservative estimate would be somewhere between forty and fifty. On each of these occasion either chloroform, ether or a combination of both was used, and I have not taken into consideration many minor operations of a few minutes' duration under gas.

"I cannot recollect any further information which may assist you, but if you require anything more in detail, please notify me and I shall endeavour to do my best.

"Last operation report: 'One kidney full of thick yellow pus evacuated. Cavity extends over brim of pelvis apparently. Incision made, pus spurted out.'

"Last X-ray report: 'Pelvis and hip-joint. There is partial destruction of the head of the femur, and practically no definition of the joint space. Appearances are those of an ankylosed joint. A cavity is shown in the upper part of the ischial bone in the region of the lower border of the acetabulum. No sequestrum is indicated.'

"I omitted to mention that I had an operation on the left buttock about last May, and the above reports were made on that occasion. There is no sign of movement of the hip-joint."

The poor fellow underwent scores of large operations and countless smaller ones in the course of 23 years, and the surgeons will continue operating year by year until he is dead, unless he should place himself under a competent homœopath, who would deal with the cause instead of with the local manifestations.

A Case of X-ray Injury.

Treatment by radium and X-ray is dangerous. It very frequently leads to cancer. Radium and X-ray workers have fallen victims to cancer in scores of cases. When the use of X-ray and radium began, operators exposed themselves to the deadly rays without realising the danger. In due course cancerous developments took place. Very frequently such development occurred only ten, fifteen or twenty years after the exposure. There was irritation, then pain and then a definite breakdown of tissues and cancerous development. In

many cases the tip of a finger was amputated, then the whole finger. After that the next finger, then the hand, the arm up to the elbow, and finally the arm up to the shoulder. But no amount of operating, however carefully done, was of any lasting benefit. As a rule, operators succumbed to the deadly disease after years of terrible suffering, often after having been deprived of both arms. Notwithstanding the well-known danger, there are many doctors and surgeons and ray specialists who use these dangerous rays with incredible recklessness.

On October 19th, 1932, Mrs. E. M. S., writing from a town in the County of Gloucester, said:

"I am writing to ask you if you would see me about an X-ray rash which I have on my left side. I had my left breast removed for a small lump in May 1930, and since then have had ray treatment every two weeks, and just lately every three weeks. Last Wednesday, two weeks after my last treatment, my side began to be irritable, and ever since I have had bad nights owing to it, besides the discomfort in the day. My doctor here says he frankly does not understand about X-ray work very much, but is very sorry I have the rash. I went to Gloucester this morning as usual to the X-ray doctor, but of course had no treatment. The doctor was guarded in what he said, and made up a prescription (or rather wrote one out for me to have made up). He says it will only soothe, and not drive the rash in, as I said I was very anxious it should not do so. He now says I had better come for treatment every three months. The rash on my side has spread a lot since it started, and on my right hand, where I had X-ray treatment for a little eczema on two fingers, I now have a rash on the back of my hand. My Gloucester doctor told me very cheerfully to-day that if I didn't look out I should have eczema all over my body soon. That is why I am writing to ask you if you could see me."

I was not merely alarmed, but horrified by the information. With the utmost recklessness the ray special-

ist had been giving that 'unfortunate woman a large amount of ray treatment at regular intervals, without apparently considering the possibility of the most terrible injury. I immediately sent Mrs. E. M. S. as an antidote some Mezerium 3x, three pilules to be taken three times a day, and asked her to come and see me in London.

I saw the lady on October 24th, 1932. She told me that in May, 1930, she was operated upon for "Cancer of the left breast." Whether she really had cancer or not was not clear from her account. She simply told me that she had had a swelling in the breast, and that when she went to a doctor he sent her to the surgeon, and the surgeon, as happens so often, cut off the breast with the swelling, without enquiring whether it was cancerous or whether there was merely an ordinary swollen gland of no particular importance. Apparently no microscopic examination of the cut-off part was made, and she was told that she ought to have X-ray treatment for eight minutes every fortnight *for five years*. I cannot understand how any doctor or surgeon could give such absurd orders for years ahead.

Mrs. E. M. S. looked an exceptionally healthy woman. She had the complexion and skin of a dairy-maid, clear eyes, magnificent teeth, red lips, and looked the picture of health and physical purity, and was wonderfully plucky and energetic. She had a healthy husband, exceptionally healthy and strong children, and there was nothing anomalous about her body. Very likely the swelling in her breast was a perfectly innocent little swelling which any homœopath could have dealt with successfully. She lived on an ideal diet. The only undesirable fact was that she used aluminium cooking utensils.

I gave her a fleshless and fishless diet, rich in vitamins, and Sulphur 6x a dose to be taken night and morning for blood-clearing purposes. As the irritation about which she complained was very much worse at night, Sulphur was clearly indicated. I also gave her Rhus Tox 3x, Rhus Venenata 3x, and Petroleum 3x, and she was to experiment with each by itself,

between meals, for a few consecutive days. I forbade the continuance of the X-ray treatment.

The improvement was instantaneous. On October 28th Mrs. E. M. S. wrote: "I am glad to say that my face and neck are a little better but the left side is not better yet."

On November 4th she wrote: "My hand is much better. It is wonderful the last few days how much smoother the skin has got, and it is not so red. I find vaseline suits the skin even better than olive oil or cream from the milk. The rash seems to have gone from my face and it went from my neck last week, but returned this week about Tuesday and Wednesday. It seems now to be improving a little and does not irritate so much. My side also seems to be improving, although I cannot say that the rash has gone yet. I had by far my best night since the rash began, as I did not wake up with it till 4 o'clock. That was last night."

I had recommended her yellow vaseline, which is an excellent counter-irritant and which suited her much better than any of the soothing ointments, creams and washes previously given to her. On November 8th she wrote: "My side is much better and the rash is dying away. The irritation is also much better."

On November 10th I received a letter, saying: "I am very sorry you have some patients who seem very difficult to help with their X-ray burns. I only wish I could be of help to them, to cheer them up, but I expect that is impossible. I know from what I have been through these last three weeks that it is a most depressing thing, and it seems so maddening to think that I have motored over to Gloucester town so faithfully ever since my operation to have treatment and then get this rash in the end. I wrote quite a kind letter to my doctor in Gloucester last Sunday explaining that I did not wish to go over any more 'at present.' He probably will understand that means 'not again.' I also said that the rash had been a great worry, but was getting better. I said no doubt he found it difficult to know when to stop treatment. I did not mention that I had been to London to see you."

On November 15th she wrote: "I am feeling much better, and the irritation is very much less."

I continued the medicines which had done her so much good, and in due course, to my great relief, the rash and terrible irritation disappeared. Of course, I felt worried as to whether the improvement would be permanent or whether the poor woman would become a victim of X-ray cancer. Shortly afterwards she left off treatment.

On March 6th, 1937, about five years after her first visit to me, I heard again from Mrs. E. M. S. She wrote: "My X-ray rash is still on my side, but is no worse, and after all, good came out of getting it as I came up and saw you and you helped me with the pilules and my food."

I sent her some more *Rhus Venenata*, a dose to be taken once a day, and X-ray 10,000, a dose to be taken every first and fifteenth of the month to antidote the X-ray injury.

I devoutly hope that Mrs. E. M. S. will have no worse experiences than the rash and irritation.

The Grass Green Woman.

A Coventry chemist brought me his wife who had been declared incurable by the doctors. The poor woman startled me by her appearance. Her face, hands and white of eyes were grass green, she was totally emaciated down to the waist, had an enormous stony-hard abdomen, and shapeless legs like those of an elephant. I looked at her in amazement, and asked her, "How did you get into this extraordinary condition?" Husband and wife then told me the following story.

The lady had always been anæmic. Two years previous to her coming to me the doctor had treated her with various medicines containing iron, which had failed to do her any good. He then suggested that her trouble might be due to her tonsils, and he recommended that the tonsils should be taken out. This was done but there was no improvement. After a time he suggested that her anæmia might be due to poisoning from septic teeth, and ordered that all her teeth

should be taken out. This also was done without obtaining a second opinion, but the woman was no better. In fact she got worse and became slightly jaundiced, probably on account of the shock produced by two operations following closely on one another, which were very likely not required.

The doctor confessed that he was puzzled by her lack of reaction, and suggested that a surgeon should be called in. The surgeon discussed the position with the doctor, and they came to the conclusion that possibly the jaundiced appearance of the lady was due to some trouble in the gall bladder. Having agreed on this point they recommended the excision of the gall bladder, which was done although the gall bladder was perfectly healthy.

If a gall bladder is excised because it is filled with pus or with stones the degenerative process in that organ has usually developed very slowly during a number of years, and during that time the body has replaced the function of the gall bladder in some way or other, probably by the action of the liver. Hence the excision of a thoroughly unwholesome gall bladder produces, as a rule, no serious shock, but the excision of a healthy gall bladder is apt to produce an extremely severe shock. The poor lady became deeply jaundiced, felt desperately ill. Her doctor did everything in his power to help her, and at last suggested that the surgeon should once more be appealed to. The surgeon had no idea what to do, and as the spleen seemed slightly enlarged he suggested that it ought to be cut out. This was done.

The spleen is a large organ, and although we do not know its exact function it is undoubtedly very important. That is shown by its size. Unfortunately the spleen, like the gall bladder, was found to be perfectly normal after excision. When the woman had been deprived of her tonsils, her teeth, a healthy gall bladder and healthy spleen, she rapidly went downhill. Her jaundice was replaced by a grass-green hue, she lost all desire for food, and was kept alive by a single glass of milk per day and very little else. Her abdomen started swelling prodigiously, and then doctor

and surgeon came to the conclusion that the enlargement was due to the gigantic swelling of the liver. The terrible deformity of the legs became more and more pronounced. Very likely it was Cellulitis, but the exact name does not matter. In any case the woman who had been quite healthy before the four operations was at death's door when she came to me. I tried to help her by prescribing various medicines, but the task was hopeless. She died. I wonder how the doctor filled up the death certificate?

CHAPTER XII

THE PROBLEM OF DIET

THE QUESTION OF ALUMINIUM

THE majority of doctors take very little notice of the diet of their patients. It is troublesome to correct the diet of the sick, and many of the patients resent it if their favourite food is declared unsuitable. Besides, doctors know very little about diet. Instead of being taught the practical essentials of diet, which are simple, they are taught to think in scientific terms, and they can talk learnedly about Carbohydrates, Proteins, Calories, Vitamins, and so forth. Dietetic specialists have unfortunately tried to make diet an abstruse science, and they have succeeded only too well. Only a dietetic specialist can eat scientifically. Every animal knows how to choose the right diet. Dr. John Harvey Kellogg wrote in one of his very readable books: "An ordinary pig knows more about diet than the most learned college professor." His dictum was based on experience. He kept a large number of pigs, and they were fed on a scientific, carefully balanced diet, which he had been given by an eminent dietician. After some years of scientific dieting, he thought he would see what would happen if he allowed his pigs to combine their own diet. He surrounded their compound with a number of troughs, each of which contained only one article of food. One trough contained nothing but potatoes, another carrots, another wheat, another oats, grass, and so forth. He discovered that pigs and piglets carefully selected their own dietary. Each acted for itself, and his pigs and piglets flourished as never before.

Dieticians have given themselves a great prestige by writing books which are unintelligible to the ordinary people. They have impressed doctors and

journalists with their wonderful knowledge, and food manufacturers throughout the world are endeavouring to produce scientific foods, or at least they are pretending to do so. The food manufacturers cannot make any money if the people will buy ordinary natural foods, and therefore they pretend to improve every natural food scientifically. Milk is scientifically sterilised, and the result is a fluid which is vastly inferior to the natural article. Wheat and other grains are deprived of the bran and the germ, the most valuable portions of these seeds. The germ, being highly vital, easily becomes mouldy if kept too long. By sifting out the germ and taking away the bran, the miller obtains a dead white flour, which can be kept almost indefinitely without turning musty, and the public has been persuaded that the whitest flour is the best. Unfortunately the whitest flour is usually the worst. It is frequently derived from very inferior, dirty-looking flour which has been bleached. The bleaching process is injurious to health. The baker buys this injurious, devitaminised and demineralised flour, and he is persuaded by scientific chemists to add to the flour certain chemicals, misnamed "improvers," which enable him to produce a larger number of loaves from every sack of flour. Further, the baker uses as little fuel as possible. Consequently, vast quantities of insufficiently baked bread are supplied to the public.

Other foodstuffs also are spoiled by commercial and industrial methods, which are insufficiently known to the public. Chemical dyes are employed to make raw meat look red. Dyes are added to sausages and bacon. Fish of many kinds is dyed an attractive brown or yellow, and butter, which is almost as white as the milk from which it is derived, is given a rich yellow colour. Cattle are fed on artificialities which cause cows to produce large quantities of watery milk, chickens are fed on anæmic, artificial food, which causes them to lay anæmic eggs with pale yolks.

Vegetables raised in the natural way, with natural fertilisers, are extremely rich in those natural elements which man requires. Larger quantities of vegetables can be produced by adding artificial fertilisers to the

soil. The inferiority of agricultural produce of every kind, when raised with chemical manures, has been proved by Major-General McCarrison. He fed large numbers of animals on crops produced on soil fertilised with stable manure, and large numbers of control animals fed on the identical crops raised on the identical soil to which chemical fertilisers had been added. The animals raised on naturally manured crops flourished greatly, while the animals raised on chemically fertilised soil were very inferior.

Apples and other fruit are sprayed with Arsenic, and occasionally we read of acute arsenic poisoning resulting from the consumption of arsenicated apples and other fruit. Fruits grown in the natural condition in the tropics, and elsewhere, are tinned, and are deprived of much of their natural food value. Raw fruit, imported from abroad, is frequently gathered unripe. Fruit ripened in storage is, of course, very inferior to fruit ripened in the health-giving rays of the sun.

The diseases of civilization are entirely different from the diseases which are found among primitive races. Primitive races, whether raised on an exclusive meat diet, like the Eskimos, or on an exclusively vegetarian diet or a lacto-vegetarian diet, have, as a rule, perfect teeth, a roomy mouth with healthy throats. They have a good digestion, easy natural excretion, and they are free from the diseases of the intestinal canal which are universal among us. The alimentary tract of the civiliser is a disgrace. We have narrow mouths, which frequently do not give adequate room to the teeth, poor gums, wretched teeth, swollen and septic tonsils. In addition, the civilised suffer from indigestion, constipation, gastric and duodenal ulcers, colitis and appendicitis, and cancer of the alimentary tract, diseases which are practically unknown among the uncivilised.

In view of the ghastly nutrition common among the civilised, every health adviser, professional or lay, should carefully look into the diet of the patients who come to him, whatever their trouble may be. It stands to reason that every disorder is greatly aggravated if

Decay of the teeth can be stopped promptly by putting the patient on a natural diet. Every dentist is aware that the worst teeth are possessed by the richest people who live on the most refined and most scientific foods.

Numerous dietetic cults have arisen. There are diet reformers who condemn the use of milk. They argue: "Milk was meant for calves." There are dietetic schools which teach that flour foods are too starchy, that men were meant to live on fruit, vegetables, salad-ing, nuts, etc. They say that man is related to the higher apes, and that apes live on nuts, fruit, and so forth. However, every visitor to the Zoo is aware that monkeys and apes will eat greedily eggs, potted meat and other meat, etc.

"I try to give people a natural diet without any personal prejudice in one direction or the other. Further, I make practically all my patients vegetarians, not because I am a vegetarian myself, but for very practical reasons. Constipation is the bane of civilisation. Delay in the bowel leads to the putrefaction of residues of flesh, fish and fowl. People who go into the country will sit in meadows where there is cow dung, horse dung and sheep dung. Their instinct tells them that this is not dangerous. On the other hand, everyone flees with horror when there is any cat's dung about. People will go leisurely through cow-houses and stables, although there may be much cow manure and horse manure on the ground, but they will not linger in the lion house at the Zoo, even if the keepers rake out the excreta of the large cats as soon as dropped. If a housewife finds in the larder a piece of meat which has been forgotten, and which has become putrid, she is horrified. She tries not to breathe in the poisonous odour, and buries the forgotten food as soon as possible. If, on the other hand, she finds some putrid apples, she does not mind. They may be brown and soft, but they do not proclaim danger by a horribly offensive smell.

I not only make all my patients vegetarians, but I explain why I do so, and if they hesitate to accept my views, I tell them that milk is liquid beef, that eggs

are concentrated chicken, that cheese is beef in another form, etc. I also give every patient bran in some form or other. Nature wisely created the most wonderful foodstuffs imaginable. Nothing can be more scientific than the foodstuffs of nature. The composition of mother's milk is slightly changed from day to day in accordance with the changing requirements of the growing child. The civilised are brought up on devitaminised and demineralised bleached flour. The consumption of demineralised food is responsible for the fact that the civilised have ghastly teeth, flat feet, bandy legs, poor chests, poor throats, and poor eyesight. It would lead too far to prove these assertions in detail. Those who wish for fuller information will find the essential facts in my other medical books, and in the text-books on dietetics.

As the civilised have been deprived since their earliest childhood of the most wonderful part of the grain, of bran, I give every patient an abundance of bran, in order to make good the deficiency of mineral elements. The result is often magical. Diseases and disorders of every kind improve. It is a mistake to believe that I recommend bran only because it acts as a bowel stimulant.

Mr. B., more than 80 years old, came to me and showed me, with trembling hands, X-ray pictures of his bowel tract. He told me in tones of despair that he had consulted the greatest specialists, who had told him that it was quite impossible to get his bowel into working order. I give him bran three times a day. After a few weeks Mr. B. visited me again. Instead of coming into my room with tottering footsteps, he walked with a springy gait, and told me: "It is really awkward, I have to run to the place of retirement three, four, five times a day." Naturally I enquired: "And what laxatives do you take now?" — "None," was his reply. Bran has produced this miracle in a number of my patients.

Another patient of mine, a consulting engineer, was going to Africa to inspect a number of mines in the wilds. On my advice, he bought an enormous airtight tin box, filled it with bran, and he lived largely on

masses of bran mixed with whatever grain he could obtain locally. He returned after a few months and told me he had never felt better in his life, and that his teeth, which were giving him trouble, had become much stronger and sounder. The health of the teeth depends, of course, on their nutrition. It depends on the purity of the blood stream and its supply of the indispensable mineral elements in the most natural form. It is vain to feed sick people on lime-water, chemical iron, chemical phosphorus and such things. Nothing can replace the minerals of the soil which have been predigested by plants. Blood is red because of the iron contained in it. The blood of the plant is green because of the iron contained in it. The green plant iron can be converted into red blood iron by the digestive apparatus of man. We can obtain all the iron we need from the dark vegetables, dark fruit, dark yolks of eggs, etc. Bleached vegetables may look attractive and be tasty, but they do not contain iron.

Numerous patients have come to me who had been treated by doctors and specialists of the highest standing. When I ask them: "Were you given a diet?" I am frequently told: "I was forbidden to eat potatoes because they are too starchy." I do not know what this argument means, but I know that potatoes are the most valuable anti-rheumatic food existing. Potatoes are alkaline. They neutralise the harmful acid in the system. If they are peeled before being boiled, the alkali is leached out, and is thrown away with the water in which they were boiled.

Faulty cooking is by no means restricted to potatoes. Innumerable housewives throw away the water in which vegetables have been boiled. They have never fasted it in their lives. Yet when one tastes the water in which carrots, turnips, peas and other vegetables have been cooked, one finds that it tastes like an essence of these vegetables. It contains the most valuable part of these vegetables. Unfortunately many cooks put soda or bicarbonate of soda in the water to preserve the colour of the vegetables. Vegetables boiled with soda assume a startling green colour, which may be pleasing to the eye, but soda is poisonous

to the system, and destroys the vitamins. Health is only too often sacrificed to appearance.

Many patients ask me to give them a diet, imagining that there is such a thing as a standard diet which is equally suitable to young and old, to strong and weak, to grown-ups and to children. Diet has to be individualised. In the first place the question is whether the individual is weak or strong, has a high or low blood pressure, is fat or thin. I have found it important to normalise the weight of my patients. Of course, the process must be gradual. If one reduces overweight too quickly, the patient may collapse, the heart may give out. Increasing the weight of the thin can be done rapidly. If I wish to reduce the overweight of a patient, I make it a rule to limit weight reduction to two to three pounds a week. Greater reduction than this is risky.

To increase the weight of the thin I give them plenty of milk, but usually warn them against taking milk neat. Neat milk is apt to clot in the stomach, and to cause violent indigestion and constipation. I usually suggest in my directions that the thin should consume per day from two to three pints of milk in every form, from two to three eggs, two to three ounces of mild cheese, preferably grated because it is then most digestible, etc. The anæmic are told that they should sweeten their porridge, puddings, etc., preferably with black treacle, which is rich in iron and laxative. The refined white sugar is demineralised. It may be attractive to the eye, but it is not a suitable food. It is replaced in my diet-sheets by the natural dark Demerara and Barbados sugars.

The diet-sheets given to the plethoric and to the obese are very different. Satiety is created, not by the intake of nourishing food, but by bulk. If a hungry, fatman eats two or three pounds of sour apples, he feels full up, although the food value of the apples is practically nil. The obese are given a diet which contains the minimum of fat, flour, sugar, etc., but the maximum of filling foods such as vegetables, salading, raw fruit, which consist chiefly of water. They chew and chew, and feel happy because their inside is well filled,

but they are given less food than their body needs for carrying on its daily work. Consequently the body burns up for fuel the redundant fat of the obese, and in two or three weeks they feel infinitely better. In my directions to the obese, I insist upon their weighing themselves once a week, and I recommend them to increase their intake of milk and butter if weight should decrease too rapidly.

One of my patients, a Mr. B., of Carbis Bay, was dying of heart disease. He was given only a few weeks to live. His doctor ordered him to bed; he was not allowed to use a pillow under his head because of the theory that the heart would be saved exertion if the pumping of the blood had to be done only on an absolute level. He was not allowed to sit up in bed, he was not to blow his nose, but only to wipe it, he was forbidden to turn over in bed. His wife had to turn him. He was given a diet which theoretically was extremely easy to digest. He was given the usual white diet of innocence, suitable for growing babies. He lived on milk and milk puddings, white flesh or fowl, white fish, and naturally he became extremely obese, damaging his heart still further. He weighed 19 stone. As his body revolted against the masses of unsuitable food which he was given, it produced indigestion and constipation for the patient's good. So his doctor gave him medicine to help the digestion of the stomach, medicine to empty his bowels, medicine to disinfect his inside, medicine to improve the condition of the heart, medicine to give him sleep, and so forth.

I took all the medicines away, put the man on a reducing diet, and told him to go every day for a five minutes' walk by his watch, adding every day one minute. After a month he had lost a considerable amount of his overweight, and went for thirty-five minute walks. After two months he had lost still more overweight, and he went every day for walks of sixty-five minutes. After a few months he had lost 4 to 5 stone, and he was able to do non-stop walks of 12 to 15 miles in the Scottish hills. Yet he was an old man who had never walked in his life.

It is sufficient to ascertain what people eat, one

must know *how* they eat. Most people bolt their food, and some chew so long that they cannot eat sufficiently because their jaw muscles become tired and refuse to work any longer. Often it is necessary to watch people at their food. Some patients declare that they eat amply, but when one sees them at a meal one occasionally finds that they put plenty of food on their plates, but that they merely toy with knife and fork and eat next to nothing.

It is very important to enquire whether patients take their liquid hot or very hot. At least a hundred cases of cancer of the stomach have come to me. In every case I found that the unfortunate patient took boiling-hot liquids, particularly tea. One can easily swallow it at 150 degrees, although the hottest bath one can stand is 110 degrees. The hot liquid passes so quickly over the tongue that it has not time to scald it. There are no pain nerves in the œsophagus, the swallowing tube, and in the stomach. Consequently people do not realise that they are doing themselves terrible injury in scalding their stomach day after day.

Some time ago I was taking tea at my club in company with a number of well-known specialists. The waiter, who knows my wishes, brought me a bottle of cold water, and I put plenty of cold water in my tea. The specialists laughed and chaffed me, so I asked them: "What do you think is the temperature of your tea?" They replied: "Well, about blood temperature, 98 something." I said: "Your tea is about 150 degrees." — "That is impossible. No one could drink liquid at that temperature." I called the waiter and asked him to fetch a bathroom thermometer. To their amazement they discovered that the tea was from 150 to 160 degrees.

Innumerable cases of cancer of the stomach have probably been caused by doctors recommending patients with indigestion to sip tea or water as hot as they could stand it. In many cases of cancer of the stomach, the wife has told me: "Before I had begun drinking the tea my husband had finished his." Weak tea has been drunk in China for thousands of years,

and is harmless. Indian or Ceylon tea, strong and very hot as usually consumed, is harmful. Among housewives the rule is to allow one heaped teaspoonful for each cup, and one for the pot. A pinch of tea for each pot is quite sufficient. The tea then is delicious and harmless. Very likely receding gums are caused by the astringent action of strong tea which also causes indigestion.

Too much sugar is objectionable, especially if it is refined white sugar. Unfortunately, jam, marmalade, shop cakes and pastries, etc., are all made with white sugar. Jam made with Demerara or Barbados sugar is far more delicious than that made with white.

In giving details of their intake patients frequently do not mention condiments. One must make careful enquiries, and one may find that a patient takes prodigious quantities of pepper, salt, mustard, etc. No animal will take food with much condiment on it. White people living among the Eskimos frequently find that the natives steal their food. If salt is put on the meat, Eskimos will not touch it. Dogs will not touch juicy steaks on which plenty of pepper and mustard have been put. They are too wise to swallow the hot stuff. Pepper and mustard are as injurious to the kidneys and liver as is alcohol. Experiments have been made in the following way. Numbers of laboratory rats and other animals have been given food with plenty of pepper on it. In order to escape starvation they have eaten the strongly seasoned food. In due course they have been killed and opened up, and it has been found that they have undergone the same degeneration of the liver which is found in human alcoholics, and in alcoholised laboratory animals.

Salt poisoning is very frequent among the civilised. Many patients admit that they take about a tablespoonful of salt per day, have half a teaspoonful with their egg, etc. The salt poisoned have watery blood, always feel chilly, they have dry noses, mouths and vaginas, dry bowels and consequent constipation. They have backache, relieved by hard pressure. They feel better inland than at the seaside. Such people can be cured with Natrum Muraticum or with Phosphorus.

The symptoms show whether the one remedy or the other is indicated. When *Natrum Muriaticum* in the 30th potency has been given for a number of days, the salt craving disappears, the patient feels much stronger, and frequently the redundant salt in the tissues is expelled in the form of horribly salt sputum, horribly salt perspiration, etc.

The question of tobacco should also be raised. The inhaling of tobacco smoke is dangerous and leads possibly to primary cancer of the lungs. It is significant that primary cancer of the lungs is getting more and more frequent and that it is far more often found in men than in women. One has to ascertain whether pipe-smokers clean their pipes properly. This should be done with boiling water and soap, and a suitable brush or feather.

One must always enquire how much butter people take. Some take fantastic quantities. A butler in a nobleman's house came to me complaining of severe indigestion. He lived chiefly on bread and butter as sent up to the drawing-room. The bread was paper thin. He therefore consumed much more butter than bread. I told him to cut his bread an inch thick. I felt certain that he would not spread butter on it more than an inch thick. That simple piece of advice cured him. Many emaciated people hope to get fat by eating prodigious quantities of butter, cream, fat, etc. They take so much butter and other fat that their digestion becomes badly deranged. Consequently, instead of fattening them, the butter prevents digestion, and makes them thin. An emaciated financier complained to me that no one could put weight on him. The greatest specialists had failed. He ate about a pound of butter a day. I forbade all butter, fat, gravy, and placed him on a diet of lean meat, dry toast without butter, etc. In a few weeks he put on a stone.

Exactly as there are butter maniacs, sugar maniacs, tea maniacs, pepper maniacs, etc., there are water, fruit and salading maniacs. Some years ago I was consulted on the same day by two women. One had an enormous goitre, and she took practically no liquid. The other was extremely anæmic and lived chiefly on

salads and raw fruit, washed down with enormous quantities of water. The former had tried to get strength by concentrated food while the latter wished to purify her blood with salading, raw fruit and large quantities of water. The latter flushed her bowels before absorption of food from the bowels had taken place. Most people do not know that absorption does not take place in the stomach but in the bowel. I made the goitre woman take adequate quantities of water and other liquids, while the anæmic and emaciated woman was given the minimum of water, fruit and salading. Both got well rapidly.

There are what I call elementary or basic diets, in which patients are given the most natural food in the most natural condition, bran porridge, wholemeal bread, eggs, butter, cheese, salading, fruit, etc., and there are curative diets which are specially designed to assist in the cure of some disorder or other. It would lead too far to give full details. I would mention only one or two examples.

Gout, rheumatism, arthritis, fibrositis are all more or less alike, and are supposed to be due to acidity. Acidity and acidosis should be combated with alkaline foods. The foods which are currently prescribed in my ordinary diets neutralise acidity, but if special measures are required, as in the diseases of the rheumatic family, then I recommend an abundance of potatoes, which are a splendid alkaline food. Unfortunately, the majority of doctors forbid potatoes as too starchy. I frequently prescribe to sufferers from rheumatic diseases the maximum of potatoes in the form of potato soup and potato dishes of every kind. In addition I recommend them to drink between meals considerable quantities of potato water made as follows: Take two or three pounds of potatoes, wash and brush them, cut small without peeling, boil for half an hour, and drink the water, throwing away the exhausted residue. In that way people absorb the alkali of several pounds of potatoes every day.

In certain forms of acute rheumatism, nettles are extremely beneficial. Young nettles can be eaten as a vegetable, while nettles of all kinds can be converted

into nettle tea. To make nettle tea, simmer for a few minutes several handfuls of fresh nettles, or of dried nettles from the chemist or herbalist. The resulting liquid is not unpleasant, and can be made more palatable with a dash of tea, etc. For those who suffer with kidneys and bladder, I prescribe very frequently parsley tea. Parsley is an old folk remedy for kidney and bladder diseases, including gonorrhœa. Simmer a few handfuls of parsley for four or five minutes, and drink the resulting liquid in the course of the day, warm or cold, flavoured as desired.

I usually forbid all artificial and manipulated food, packeted food, food in tins, etc. These foods are very convenient and very tasty, but fresh foods are obviously infinitely superior to these denatured articles, which only too often are dyed and flavoured with chemicals of doubtful character. The mania of purification, the mania of either colouring foodstuffs with an attractive dye, or of providing foodstuffs of dazzling whiteness, has become universal. The startling white flour is unwholesome, and so is the startlingly white sugar. Unfortunately, salt has not escaped the food improver. We are given refined salt of brilliantly white colour. The natural salt, as derived from the salt mines and from the evaporation of sea-water, is darkish, and is considered dirty by the inexperienced and the unthinking. The refined salt is deprived of invaluable mineral elements such as iodine, bromium, etc. I recommend my patients to use either the cheap block salt which is universally obtainable, or sea-salt, which is usually obtainable only of the chemist, and which is, as a rule, used for baths. Medicated salt is forbidden. I do not wish patients to take iodised salt on the recommendation of the makers, or salt to which other chemicals have been added, such as some of the well-known salts, which are brilliantly white, and which run easily from the containers because phosphate of lime has been added. I do not see any reason why people should take at every meal considerable quantities of phosphate of lime, which possibly may injure the walls of arteries and veins, and which also may have something to do with the ever-growing incidence

of prostatic enlargement and fibroid tumours of the womb.

The manufacturers of water softeners and the producers of distilled water naturally praise their products. Distilled water is deprived of its mineral elements. Distilled water has a very poor taste, and no one drinks it for pleasure. It is taken like a medicine. Softened water is very pleasant in baths, and it makes an excellent lather, but I do not know that it is good to drink. An elderly lady of my acquaintance suffered from rheumatism. The advertisements she had read had convinced her that her trouble was due to hard water. She installed a water softener, and within a few weeks her rheumatism, instead of getting better, became infinitely worse. In her desperation she consulted a consultant friend of mine who forbade the use of the water softener. It was disconnected, and in a few weeks her hands were once more usable.

I have a very strong objection to aluminium, because I have seen many cases of undoubted aluminium poisoning. Many years ago I used to carry on my walls a large aluminium flask, filled with extremely weak China tea. I found that after a few hours the China tea, which was the colour of whisky, turned dark, and in twenty-four hours it turned black through the aluminium being dissolved in the tea. If a dirty and furred aluminium cooking vessel is used for boiling fruit, or some other acid substance such as tomatoes or rhubarb, it becomes brilliant in colour, which means that the corroded skin which has formed inside the saucepan has been dissolved in the cooking.

A young woman came to me complaining of violent diarrhoea and vomiting. She was terribly emaciated, very anæmic, and looked desperately ill. I gave her a suitable diet and the indicated medicine and forbade the use of aluminium cooking utensils, and she became well. A few months after, she told me that she had had one of her old attacks when visiting friends. "It could not be the food," she said, "because I had nothing except a few biscuits and a glass of hot milk." It turned out that the milk had been heated in an aluminium saucepan.

If people cannot digest vegetables and fruit, one can, as a rule, normalise matters by giving them a few doses of arsenic. I usually give it in the 6x potency, which means in doses of a millionth of a grain. Occasionally one finds people who are very sensitive to vegetables. They can easily digest vegetables which are cooked with the lid off, but they suffer violent indigestion if the vegetables are cooked with the lid on. Milk and eggs, if not tolerated by the stomach, can be made more digestible if they are embodied in food. The anæmic usually cannot digest eggs. They make them violently sick. But even very anæmic girls can consume one or two eggs a day if not taken neat.

CHAPTER XIII

PROFESSIONAL FEES

THE problem of professional fees is a very difficult one. Philanthropists and politicians who do not understand medical treatment wish it to be cheap. Under the insurance schemes which have been adopted in various countries the poorest of the poor can obtain medical and surgical attendance at a nominal cost. However, the quality of the attention they get is indifferent. The panel doctor, in order to get through his work and to earn a living, can give his patients only the minimum of time. Some panel doctors give to the average patient two or three minutes, or less, and they actually boast that they have dealt with twenty or thirty patients in an hour. One can only be sorry for the patients who were given the most perfunctory attendance, and also for the panel doctors who are willing to treat the sick with incredible casualness. I have seen scores of panel patients who, after an interview of one or two minutes, were given a digestive mixture or cough mixture or pain killer without any examination.

At the out-patients' departments of hospitals similar mass treatment prevails. At these places stock medicines are kept in large receptacles, and eight-ounce bottles are drawn off and are handed to the patients, who, as a rule, empty them down the sink. Private practice is being destroyed by insurance practice in some form or other, and now the medical organisations propose insurance treatment for all, not for the good of the patient, but for the good of the doctors who are to be made pensioners.

A good doctor cures his patients, and obtains a large practice by recommendations. One of my first patients was a Mr. D. living in Swansea, whose case had been diagnosed as inoperable cancer of bladder and bowel,

and who had been given a week to live. He got well under my treatment, and he sent me about fifty patients. The independent doctor will almost disappear if insurance practice becomes universal. It has nothing to recommend it except cheapness.

The general practitioner receives low fees, and, as his expenses are high, he can make a living only by working unconscionably long hours at the risk of his health, and seeing the maximum of patients in the minimum of time. My father was an excellent general practitioner. He saw from fifty to ninety patients a day, and, naturally, he could give only a few minutes to the average patient. It is impossible to cure people unless one studies each case thoroughly, and, as I have remarked in another chapter, I give to the average patient at the first interview an hour or more if the case is complicated. If one gives adequate time to the patient, it is of course necessary to charge an adequate fee.

Many patients are under the delusion that a doctor possesses a magic knowledge of disease and remedies. They visit their doctor in the expectation that a single prescription given to them will convert ill-health into health. That is quite impossible. In my experience the struggle with disease is a protracted one, unless it is a simple case of uncomplicated measles, scarlatina or something of the kind. Most diseases are not local but are constitutional, and they require the investigation of the body as a whole, and call for a large number of remedies, for a curative diet, and so forth. However great the experience of the practitioner may be, he cannot foresee the development of the disorder before him, and he has to feel his way with the patient from week to week and from month to month.

At the beginning of my career I wished to be absolutely fair to patients, and when I was asked: "What do you charge?" I replied: "Nothing unless I cure you. What is a cure worth to you?" The patient would mention a certain sum, and would send me a letter confirming that he would pay me that sum if cured. I then discovered that many patients would admit that they were ninety per cent cured, and they told me that

they were quite willing to go on, paying me nothing, until a hundred per cent cured, but many of them were determined that they would never admit that they were a hundred per cent cured. I then resolved to charge patients a fixed fee per month, and this method of treatment has so far answered extremely well.

I refuse to give a single consultation. Some time ago a lady came to me from the country to consult me. I explained to her that I gave no consultation, but would give her a month's treatment. I told her: "If I give you a single consultation and prescribe for you, my prescription may be inadequate and you may not get well. I want to have a chance to change my dietetic and medicinal measures as often as necessary. I must have you for a month." We could not agree and she left me.

Most cases which come to me are difficult. An enormous proportion of my cases have been declared incurable by distinguished authorities. As I am not all-knowing, I cannot possibly give a single prescription in the hope that I shall be able to cure. I have to watch developments, and a month is the minimum time required for a difficult case. I should not wonder if this method of remuneration would in course of time be followed by other practitioners. I have found it extremely satisfactory. Specialists can, of course, give consultations. There are specialists for the bladder who tell the patient that he needs irrigation of the bladder, or the use of a certain medicine, or the excision of a prostate. The bladder specialist is, as a rule, a surgeon. A growth or a stone in the bladder can be removed in an hour or so. The same trouble can be removed medicinally and dietetically, but it may take six months or a year. The dietetic specialist will give the patient a diet, and will leave him to his fate. The throat specialist will recommend a certain gargle, the use of radium, or operation or something of the kind. He is not interested in necessarily long-drawn-out constitutional treatment.

Most diseases are constitutional, and not local, while modern medicine treats most disorders as local. Cancerous growths and other growths are removed with

the knife. Skin diseases are treated with poisonous ointments and washes from the outside. The throat specialist treats the throat, the eye specialist treats the eyes, the gynæcological specialist treats the womb and ovaries, etc. While orthodox treatment can very frequently be carried out promptly, the constitutional rebuilding by means of diet, exercises, medicine, etc., takes a long time, but then it has very different results from orthodox treatment.

Instead of endeavouring to have a medical and surgical State service, which would give cheap treatment to all and a safe and comfortable income to doctors and surgeons whether competent or incompetent, the medical profession should endeavour to produce efficiency. The methods at present in favour produce shoddy mass treatment, and doctors, instead of being artists or scientists, will become State officials with more or less substantial salaries, and possibly with pensions, who will carry out routine treatments with results which will probably be disastrous to the nation.

CHAPTER XIV

HOW TO STUDY THE ART OF HEALING

THE desire to help the sick and the suffering is one of the fundamental instincts of mankind. If a man looks ill, all his friends and acquaintances will endeavour to help him with advice. Most men and women are amateur doctors. The medical profession and the nursing profession are filled with idealists who wish to help suffering humanity.

Hippocrates, the father of medicine, wrote twenty-three centuries ago: "No man can be a good doctor unless he loves the art of healing, loves mankind, loves his patients." No one can become a good doctor unless he possesses the qualifications mentioned by the wise Greek. Medicine is not a profession, for we can profess almost anything. Medicine is a calling, one might almost say a Divine calling. Medicine is like religion. No one can be a true priest unless he feels the call. A man who becomes a doctor because he says to himself that he can make a good living or a fair living may profess medicine, and he may pass his examinations with honours, but he will probably not become a good doctor and will find medicine a disappointment.

It seems to me that the true physician should be animated by the same spirit which animates the priest. It must be a terrible position for a man to attend patient after patient without any real interest in the welfare of the sick, and without any particular urge to help those who come to him for help. Such a man may give advice and write prescriptions according to the text-books, but in his heart of hearts he must feel that he was not meant to be a doctor, and he may notice that the majority of his patients under his care do not flourish. Herein lies the reason that thousands of doctors have given up their career, and have embarked upon some other occupation. I have met a

considerable number of doctors who have become literary men, farmers, architects, playwrights, historians, etc., who have told me that they felt utterly out of place at the bedside of the sick.

Most people imagine that the only way to become a doctor is the orthodox way, that it is necessary to study medical theory during four or five years in order to get the doctor title. There are many doctors who are no healers, and there are many healers who are no doctors. A doctor, like a musician and a painter, cannot be made by concentrated studies and by passing examinations which show only that the examinee possesses a retentive memory.

When I was a little boy I was keenly interested in the art of healing. When a member of my parents' household was not well, I observed the symptoms with the greatest attention, and if somebody cut his finger or had a bruise, I was at hand to bandage, to massage and to help to the best of my ability. My father used to tell me that I had a natural gift for medicine and a natural instinct for bandaging, etc.

Teachers are usually failures in their profession. No teacher can teach more than he knows. Able physicians are overrun with patients. They have hardly enough time for food, sleep and the most necessary recreation. They certainly have no time to teach students. The lecturers are recruited in the main, not from the ranks of successful doctors, but from the ranks of scientists. They are theorists who are fit to train physiologists, pathologists, etc. In the olden days an able doctor took apprentices who learned the practical side of the medical profession by accompanying their master on his rounds and helping him during his consultations. There is much to be said for the old method which, of course, does not lend itself to the production of standardised medical men who have passed through the standardised course, followed by standardised examinations.

Years ago, when I was a very sick man, I began to study medicine primarily for the purpose of curing myself. I was then in a very bad physical condition. I had consulted numerous doctors and specialists, and

had been to various health resorts without any good results. I was at that time an author and journalist, and I knew the art of gathering information by studying in public libraries such as the British Museum. I studied medicine very seriously. I read conscientiously, and annotated hundreds of volumes on every aspect of medicine, physiology, anatomy, pathology, etc., and I employed much of the information I had collected in a number of volumes published by John Murray. Every year I have received numerous letters from doctors in all parts of the world thanking me for the books I have written. Many doctors have told me that they have learned more from my books than from their professional studies.

When I was a very sick man, I looked jaundiced, had lost a great deal of weight, and I was afraid that I might either have cancer or be liable to be attacked by that disease. I therefore concentrated for a time on the study of cancer, and the first medical volume I wrote was entitled, *Cancer: How it is Caused, How it can be Prevented*, which was published in 1924, and which was enthusiastically introduced by that prince of surgeons, Sir W. Arbuthnot Lane, Bart., C.B.

The book made a great sensation. The first edition of 2,000 copies was sold out in a few days and further editions had to be printed. While the general Press devoted to my book numerous leading and special articles, the medical press attacked me with virulence, presumably because I am not a medical man.

The Journal of the American Medical Association of the 2nd October, 1924, wrote:

"A political writer, Mr. Ellis Barker, though devoid of any medical training, has had the temerity to produce a book, *Cancer: How it is Caused, How it can be Prevented*. It is, of course, only a compilation and has been written with more industry than discretion. Sir Arbuthnot Lane has written an introduction, and says that the book 'displays a knowledge most remarkable in a layman.' But the *Lancet* describes Mr. Barker as 'ill-informed' as he has readily fallen into the fallacies that are so common when people endeavour to argue from statistics. His view is that cancer

is a disease of civilisation in general and of constipation, chronic poisoning by chemicals used as food preservatives and vitamin starvation in particular."

The same important weekly stated on the 6th September, 1924, in an article:

"While Mr. Barker's view that cancer may be deterred by rational living is undeniable, since rational living may deter any disease, this is in no sense to be recommended as a suitable book for laymen interested in cancer. According to our present knowledge, proper advice for those interested in cancer is early diagnosis and surgical removal, except in such limited instances as those in which the use of radium or the Roentgen rays seems desirable. A book such as Mr. Barker's will, instead, incline the lay reader to believe that his cancer may be prevented or its growth deterred by eating proper vitamins or practising good personal hygiene. There is not the slightest scientific evidence to warrant such a belief at the present time. This book can be considered only as a pernicious and harmful piece of literature."

Every disease has a cause. Removal of the cause should obviously eliminate the disease itself. Every disease is therefore preventable. According to the leading American journal quoted, cancer would seem to form the only exception to the rule, for its readers are bidden to wait until cancer has actually declared itself and then to have the growth surgically removed. That doctrine is disastrous. The medical journalist quoted contradicted himself. After admitting that my view is "undeniable," that cancer, like every other disease, may be avoided by rational living, the writer went on to say that this universal and undeniable law does not apply to cancer, and to describe my book as "a pernicious and harmful piece of literature."

While medical journalists utterly condemned my book, possibly in obedience with general instructions to depreciate and condemn all medical books written by laymen, some of the most distinguished medical men have given to my volume the highest praise. From the many spontaneous expressions of approval I would single out one which reached me from America. The

late Dr. Albert J. Ochsner, one of the most distinguished American surgeons and the President of the American College of Surgeons, published a paper, "Cancer Infection," in the American periodical, *Surgery, Gynecology and Obstetrics*, of March, 1925, six months after the publication of the scurrilous article quoted above. He preached in it my doctrine that cancer prevention is vastly more important than surgical treatment of the established disease, and he referred to my book as follows:

"Of all the people alive on this globe to-day more than one hundred million are doomed to die of cancer, unless some new plan of prophylaxis (prevention) and cure is introduced.

"With the notable exception of a most remarkable book, *Cancer: How it is Caused, How it can be Prevented*, by J. Ellis Barker, we find that in all of this enormous literature, there is but little reference to even an attempt at prophylaxis, aside from the advice to eliminate irritation of every form. This book should be read by every physician and surgeon and by every layman throughout the whole world. This work analyses practically all known facts concerning the disease and comes to conclusions which should be considered by all. It does not settle the cancer question but it gives an abundance of food for thought which will go far to prepare the public mind for active work in the line of prophylaxis.

"The book is written by a layman who has analysed in a remarkable manner a large portion of the most important cancer literature. To the experienced clinician many conclusions must, of course, lack that which only actual contact can supply, but the reasoning is both intensely interesting and instructive."

The high praise given to my book by the President of the American College of Surgeons, Sir Arbuthnot Lane, Sir William Milligan, Professor J. S. Haldane and many other leading men of science and of medicine contrasts strangely with the utter condemnation by the medical journalists. It is worth noting that, according to Dr. Ochsner, "every scientific investigation has been hampered, and in many instances made

impossible, by the stupidity of men with acknowledged scientific standing because they have concluded that no one could do that which they had attempted unsuccessfully."

My theoretical studies have been extensive. I studied orthodox medicine and surgery, and practically every form of unorthodox treatment such as herbalism, nature cure, electrical treatment, the Abrams treatment, Christian Science, psychological treatment, dietetic treatment, homœopathy, etc. Being acquainted with practically every form of treatment, orthodox and unorthodox, I have come to the conclusion that the most promising form of treatment consists in a combination of nature cure and homœopathy. These forms of treatment I have practised with extremely gratifying results. Those who wish to cure the sick should not embark upon an orthodox or unorthodox career in the hope of making money. I remember reading an excellent book by Henry Ford in which he said that no one need worry about remuneration. He wrote: "If you give the public what the public wants, the public will thrust money on you in abundance." That is correct not only in matters industrial, but also with regard to the healing art.

It is not sufficient that those who wish to heal the sick have the desire to help the ill and the ailing. Those who wish to practise must have so strong a desire to help the helpless that they will not be deterred by the horrible and pitiful sights which they have to encounter. There are, unfortunately, many doctors who are reluctant to make disagreeable or disgusting investigations. A number of times it has happened to me that a patient has told me: "I had bleeding from the bowel exit and went to my doctor. My doctor said, 'I suppose it is only piles,' and he treated me for six months for hæmorrhoids without ever examining the inside of my bowel with his finger. At last when my suffering became unbearable, he made a casual examination and then sent me to a specialist." A man who cannot look at a cancerous breast, which may produce a most disgusting odour, or who cannot examine

the foul inside of a sick individual, should not become a doctor.

The study of medicine is partly practical, partly theoretical. The theoretical side requires some knowledge of human anatomy, of the shape and position of the various organs and their inter-relation and functioning, etc. When the student has acquired an adequate knowledge of the human body on the broadest lines, which can be obtained fairly rapidly, then he should study medicines and their uses, symptoms and their meaning, and before all he should read practical cases in which cures are described. It is boring to read nothing but theory. Unfortunately the orthodox student is taught nothing but theory during four or five years in this country and abroad, and then only is he given a little practice, as if this was quite unimportant. Similar methods are pursued in the colleges where homœopathy is taught. Scores of lectures are given on the scope and use of the numerous medicines employed by homœopathy. Students who are taught nothing but theory for a long time get weary of the subject, and many of them give up in despair. Theoretical study of medicines should go hand in hand with the study of actual cases. Those who wish to practise homœopathy will find numerous cases described in the homœopathic journals and in certain homœopathic books, such as the books written by Dr. John Compton Burnett, obtainable through the Homœopathic Publishing Company, 24 St. George Street, London, W.1.

I said in the foregoing that only a broad and general knowledge of organs and their functions is required. The detailed study of anatomy, as given by anatomists, is necessary only for surgeons. It is quite unnecessary to count the red and white corpuscles in the blood in order to discover whether a patient is anæmic or not. If one turns down the eyelids of a patient and opens the patient's mouth, one sees whether the mucous membrane is normal in colour, pale or very pale. Besides, the anæmic have, as a rule, a pale skin, cold hands and feet, and a weak and rapidly beating heart, because the heart has been undernourished with

anæmic blood. Hence they get breathless when walking upstairs.

Similarly it is not necessary to use scientific instruments to ascertain the condition of the heart. It is relatively unimportant whether the heart valves are normal or defective. I explain to my patients who come to me with a diagnosis of leaking valves that one cannot send the heart to a plumber to have new valves fitted in, that the heart is a self-repairing organ, that improvement in general health should improve the heart condition, and that people with an irregular heart or with heart defects often live to an extreme old age. Cracked pots often last longest.

The condition of the heart is not determined by the electro-cardiograph or some other scientific instrument, but by the functioning of the heart. It is comparatively unimportant whether the heart is theoretically normal or abnormal. The only important question is whether the heart functions properly when strain is put upon it. The best examination of the heart consists, in my opinion, in causing the patient to walk a few times up and down stairs. If slight exertion causes a very abnormal heart action, and if it takes the heart a long time to recover its normal beat, then the heart is in poor condition. If the patient's heart recovers rapidly from strain put upon it, it may be considered sound. I possess, of course, a stethoscope, but I hardly ever use it. I think the wise doctor and lay healer will rely rather upon his practical knowledge, his instinct and his common sense than upon scientific instruments, however wonderful they may be.

The practitioner should use his common sense and his five senses. If there is an abnormality of the lungs, that abnormality can be seen without X-ray by a mere inspection of the chest and by the delicate touch of the hand. One should inspect the chest from every angle, front, side and back. If a side is caved in it is probably through shrinkage of the lung tissue. If one sees bulging of the ribs, there is probably pressure from inside producing the bulge. The practitioner cannot use his eyes too much. I remember the case of a woman who came to me after treatment by a large number of

doctors and specialists. None of them had discovered that the patient suffered from a greatly enlarged spleen which had produced considerable bulging of the ribs on the left side.

In listening to the action of the heart and of the lungs no scientific instrument is required. The stethoscope is of advantage to some. I prefer applying my ear directly to the chest wall or to the back of the patient. That method was also followed by my father, who used the stethoscope only if a patient had a dirty skin. Even a clinical thermometer is not necessary. The practitioner should feel a patient all over. The patient may have a high temperature in one part of the body, or there may be a temperature all over the body.

Very few doctors make use of their noses. There are a few doctors who can diagnose a considerable number of diseases by their sense of smell. The diabetic have a sugary sweet smell about their bodies, the toxic patients have a foul odour, there are certain odours which suggest tuberculosis, etc.

The tuberculosis tendency can be spotted at a glance. There are various tuberculous types. One of the most interesting types is the individual who has a brilliant complexion, masses of blonde hair, brilliant eyes, often blue, with bluish whites, excellent teeth, narrow nostrils and a rather poor chest. Girls of this type are particularly attractive, and frequently they look the picture of health. It must be remembered that many anæmic people have a brilliant complexion and red cheeks, but their internal mucous membranes are usually pale or white. A girl of this type should immediately be treated for tuberculosis, even if she does not cough and has no night sweats and no temperatures in the evening. A slight rise of temperature in the evening, heavy perspiration during the night or drenching night sweats proclaim that there is serious danger, even if no suspicious symptoms can be found by the most experienced tuberculosis specialist who examines the sputum, sounds the chest and examines the patient with X-rays.

While the tuberculous are usually cheerful and often

extremely attractive, the cancerous are likely to be depressed, sallow, jaundiced, with an earthy tinge in their complexion. I have given only a few hints which will be suggestive to every reader, and particularly to every student of health and disease.

In studying a patient one must constantly compare. If a patient complains about a swelling of the right knee, he should bare the left knee as well and then one should compare the two, not only with the eyes but with the feel of the hands. It should not be forgotten that the two sides of the body are not identical. The right hand, the right arm, the right leg, the right foot, are usually larger than the left.

While the orthodox doctor uses very few medicines, and while he has very little knowledge of the action of the medicines which he uses, the homœopath must acquaint himself with about a thousand different remedies, and constant study is required to give him the requisite knowledge. The orthodox practitioner learns that quinine is good for fever, that strychnine is a powerful tonic, that insulin should be given for diabetes, that certain remedies are given as laxatives or for causing sleep or for relieving pain. He knows only the gross use of his medicines.

The homœopath must know a great deal about the symptoms which will be cured by his medicines. Instead of learning that for diabetes one should give insulin, he learns that, let us say, sulphur produces and cures certain symptoms of the mind, certain symptoms of the eyes, of the head, of the throat, of the stomach, of the bowel, of the skin, and so forth. The study of medicines is an all-absorbing one to the skilled and enthusiastic homœopath. Naturally no human brain can contain all the symptoms produced by the numerous homœopathic remedies. A beginner should study a few of the most important remedies such as Sulphur, Nux Vomica, Carbo Vegetabilis, Arsenic, Mercury, Lycopodium, Calcarea Carbonica, and so forth. If he has a thorough knowledge of ten or twenty remedies, which can be acquired in a fortnight or so, he will possess the mastery of a number of remedies which he can use with great advantage, and

from week to week he can widen his horizon by adding to the number of medicines which he has studied. Furthermore, he will have to learn the use of the homœopathic materia medica by means of the priceless collections of symptoms which are called repertories. In these repertories more than 50,000 symptoms are classified under headings such as Mind, Head, Eyes, Ears, Nose, Throat, Chest, Abdomen, Skin, and so forth. The best of these repertories is Professor Kent's Repertory of the Homœopathic Materia Medica, a tall volume of about 1,500 pages.

The orthodox doctor gives, as a rule, only a few medicines on gross indications. He learns that there are specifics for certain diseases. When he has made a diagnosis, he gives the specific or specifics mentioned in the text-books, and his task is ended. There are orthodox handbooks of treatment which can be carried in the waistcoat pocket. There are orthodox doctors who use hardly any books. I have known orthodox doctors who had no library. My own father had only the books which he had used as a student. He relied on his practical knowledge and experience. The homœopath must rely on his repertories, on his materia medica and on numerous other books. They are the tools of his profession. Unfortunately homœopathic books are not easy to obtain. Many of the best books are out of print. I have obtained an excellent homœopathic library by buying the libraries of a number of doctors after their death. I have spent hundreds of pounds on homœopathic literature, to my great advantage.

A number of times it has happened to me that an orthodox doctor has come to me and told me that he wished to try homœopathic treatment, and has asked me to recommend him a little book, which he could carry in his waistcoat pocket, giving him all the facts. That is not possible. Homœopaths do not treat diseases according to their names. They disregard the name of the disease, but treat the symptoms of the patient, and the wise homœopath will endeavour to treat the totality of the symptoms as far as this is possible.

CHAPTER XV

CHRONIC RHEUMATISM AND GENERAL WEAKNESS

RHEUMATISM is one of the most prevalent complaints among rich and poor, and, notwithstanding the boasted progress of medical science, there is no sign of its decreasing. Like cancer, diabetes, heart disease, kidney disease, etc., its ravages increase from year to year. The treatment of rheumatism is unsatisfactory. Doctors and specialists concentrate upon giving immediate relief with Salicylates and other drugs which do not cure, and they endeavour to help the sufferer with hot baths, radiant heat, massage and other outward treatments, which also rather alleviate than eliminate the disease.

Rheumatism is not merely a disease of the muscles. Like most diseases, it is a constitutional disease, and needs constitutional treatment on the broadest lines.

On the 8th November, 1935, I was visited by Miss M. H., who at the time lived in Shropshire. She was an extremely attractive girl, fair hair, blue eyes, with a marvellous complexion and body skin, and a perfect figure. She was 22 years of age, and was one of the most beautiful women I had ever seen. She had been suffering with rheumatism in various forms for a long time, and her beautiful figure was marred by her wearing the most extraordinary pair of surgical boots. They reached up to the knees, and had to be laced with laces many yards long, and each lace had to be inserted in about a hundred eyelets. Taking the boots off and putting them on took about half an hour. The boots were made of stiffened leather, reinforced by steel rods and plates, and they weighed many pounds, a terrible drag on anyone, especially on a woman of Miss H.'s physical character.

The girl's body was as delicate as her marvellous

complexion. Her muscles were as soft as blanchmange, her beautiful teeth were extremely soft, and carried innumerable stoppings. Her bones were soft, and the joints of legs and feet had given way to such an extent that the poor girl could not walk. She had been sent to leading surgeons and orthopædic practitioners, her feet had been operated upon and then they had been kept for six months in plaster of Paris. She had not been using her feet at all for the best part of a year, and naturally the weak and flabby muscles had shrunk, and the weakened joints had become still weaker from disuse. She walked about with stiff legs in those fearfully disfiguring surgical boots, and she sought my advice.

I told her the first thing to do was to leave off those boots. So long as she wore them she would never recover her walking power. As a matter of fact she could no longer walk except with those surgical boots. If she took them off, she had to crawl on her hands and knees. She had appealed to the surgeons, and had been told that there was nothing wrong with the boots, and that she had to wear them for the rest of her life. Without them she could not even stand on her feet, except on tiptoe.

Her health history was a dreadful one. She had had innumerable diseases, and every disease had attacked her with extraordinary severity. When she was seven years old she had measles badly. At eleven years of age she had a bad attack of septic tonsils and adenoids, which were, of course, operated upon, instead of being treated constitutionally. When she was thirteen she had a terrible attack of whooping cough and influenza, which occurred simultaneously. At fourteen she had gastric influenza and jaundice badly. When sixteen, she was attacked very severely by mumps. When seventeen she had an extraordinarily bad attack of mucous colitis. The following year she had chicken-pox and colitis very badly. Then she had a terrible attack of rheumatism and rheumatic fever, and for six months she had a high temperature. In 1932 her appendix was removed, and she lost a great deal of weight. Two years after she sprained an ankle and a

wrist, which was only natural because her joints were utterly weak and flabby.

In January, 1935, she had a severe swelling of the right ankle, which was diagnosed as chronic arthritis, and then she was told that she had arthritis of the left knee and hip. A month before she came to me she had a severe pain in the left jaw, owing to arthritic deposits. She could no longer chew properly, and could open her mouth only a quarter of an inch. That was her pitiful condition on the 8th November, 1935, when she consulted me. There was a beautiful woman, looking like a Greek goddess, racked with pain, stumbling about in impossible surgical boots, who had had a life of illness and pain. Apparently there was no end to her sufferings.

Apart from the defects mentioned, there were many others. Her periods were irregular, and the discharge was insufficient. There was pain in the right ovary region. Her chest was weak, and expansion on breathing was insufficient. There had been tuberculosis on the mother's side. As she had occasional night sweats, the possibility of tuberculosis had to be envisaged. On examining her I discovered that there was a distinct swelling of the spleen with bulging of the ribs on the left side, and tenderness below the left ribs. Whether the spleen and the ovary had been upset by mumps or one of the other numerous diseases she had had was an open question. Anyhow, it was clear to me that the young lady had to be treated for tuberculosis.

There was so much wrong with the poor thing that it was really difficult for me to make up my mind where to begin. She had been living on the usual demineralised and devitamised diet of civilisation, with strong tea to give her energy, plenty of meat, cocoa, and so forth. I immediately placed her on what I call a basic diet, a natural diet consisting of the most natural foods in their most natural condition, an abundance of bran, wholemeal bread, vegetables, eggs, milk, salading, fruit, etc.

One of the best medicines for strengthening bones and joints is *Calcarea Phosphorica*. I gave her *Calcarea Phosphorica* 1x, marked "Strengthening—a

dose to be taken night and morning." I gave her a combination of Ignatia and Carbo Vegetabilis 3x to be taken before meals, to improve her appetite and digestion, and to help her with her deep depression. I gave her Ceanothus mother tincture, which is a wonderful spleen remedy, 10 drops to be taken between meals, and once a week she was to take a dose of Tuberculinum 200. Of course she did not know that she was given Tuberculinum.

The orthodox practitioner would have given her cod-liver oil by the mouth, but I did not wish to nauseate her, and told her to rub her body with unrefined cod-liver oil. It was clear to me that nothing could be done for her feet and legs until the demineralised diet which she had been having had been replaced by a diet rich in lime, phosphorus and silica, and so I did not do anything for her feet until the body had responded to treatment.

On the 22nd November, after a fortnight's treatment, Miss H. wrote: "You will be pleased to hear that I am feeling very much better. The spleen region is still rather painful."

I went on with the medicines previously mentioned, and gave her Pulsatilla to improve her menstrual discharge. On the 25th November, 1935, she reported, to my joy: "You will be pleased to hear that I have gained 6 lbs. I hope I am not going to put on 6 lbs. every fortnight, because if so, my clothes soon won't fit me."

On the 2nd December she told me that she had put on another 2 lb. In December I started rheumatic treatment, and gave her Rhus Tox 3x—a dose first and last thing, and continued Ceanothus for her spleen, and Tuberculinum once a week. Then she complained about twitching of the eyelids, which were in constant movement. I gave her Agaricus 3x, which soon eliminated this troublesome complaint. Her weight continued going up, and her muscles became firmer, her whole body became stronger, her joints were no longer so soft.

On the 2nd January, 1936, she wrote to me: "I now can open my mouth widely, and my legs are much

stronger. Also the spleen region is less painful." I went on with the medicines previously mentioned, and encouraged her to walk. On the 10th January she wrote to me: "I am now able to walk two miles." I went on with *Rhus Tox* in various potencies.

As she had gained weight and strength, and as the flabbiness of muscles and joints had disappeared, I told her to discard the surgical boots which she was to wear for the rest of her life. I massaged her feet and legs, told her to massage them herself, and sent her to an excellent osteopath, who helped her greatly. At first the surgical boots were replaced by laced boots reaching half-way up to the knee. After a few weeks these were replaced by shoes, and she has worn shoes all the time since then, and can now walk many miles. Unfortunately the treatment was frequently interrupted by incidents which had to be dealt with. She caught chills and colds, had attacks of influenza, complained about her nerves, about her periods, about pains here and there. However, she patiently and perseveringly went on, and she was greatly rewarded.

On the 27th January, 1936, she visited me, and I wrote to her: "I found you wonderfully improved, vastly more than I had imagined from your reports. You look a different woman, have a magnificent colour, look and feel stronger, can now open your mouth to its full width, eyelids twitch far less, and although the swelling of the spleen has gone down and pain is less, the swelling is still considerable, the ribs bulge, and the enlarged spleen can be felt distinctly below the ribs."

I went on treating her for swelling of the spleen, for rheumatism and for tuberculosis, and gave her all the time *Calcarea Phosphorica*. Every now and then she had a set-back, and had attacks which might have become serious but for immediate energetic intervention. In March, 1936, she had attacks of rheumatism, and in view of her past history I dealt with this at once. I sent her *Urea 3x* and *Urtica Urens* mother tincture. *Urtica* is stinging nettle. Nettles are a wonderful remedy for rheumatism. Then she produced gouty swellings, for which I gave her *Colchicum 1x*,

Then I had to treat her nervousness and constant twitching, and I gave her a mixture of diluted Phosphoric Acid and Ignatia, 10 drops after meals, which proved extremely helpful. Then she had menstrual pain, relieved by doubling up, for which I sent her *Colocynthis* 3x. As thunder in the air upset her, she was given a course of Phosphorus 3. Then she had headaches which were cured by *Melilotus* 1x, which is excellent for congestion anywhere. In the course of time she received scores of different remedies, to which she responded slowly but surely, and she became better and better. Then I had to treat her for anæmia, and I gave her *Ferrum Phosphoricum* 2x after meals.

The spleen enlargement was very difficult to deal with. As *Ceanothus* had been insufficient, I started in June, 1936, giving her *Mercurius Vivus* 6x which produced excellent results. On the 11th June, 1936, I saw her, and wrote to her: "I am very delighted with your progress. You have marvellously improved. The strengthening of the leg muscles is wonderful, and you walk much better. Have your legs rubbed with surgical spirit, and afterwards with unrefined cod-liver oil."

In view of the weakness of her ankles and arches I urged her to walk on tiptoe as much as possible, and to dance as much as possible. Nothing strengthens more the arches of the foot than dancing. Then she produced severe catarrh and deafness.

Although the young lady was vastly improved, all her joints remained weak and unreliable. In June, 1936, she got into trouble through over-lifting, twisted her pelvis, put a very heavy strain on the lumbar muscles and on the muscles of the calves of her legs, and she had to leave off the shoes and wear once more the laced boots which reached half-way to the knee. The task of strengthening her muscles and joints was obviously a very difficult one.

She was a woman of the Phosphorus type, with an ultra delicate skin, fair hair, blue eyes, poor chest, etc., so I gave her frequent doses of Phosphorus 3. I gave her *Ferrum Phosphoricum* 2x as a tonic and blood-making medicine, and once a week a dose of *Bacillinum* 200.

As Ceanothus and Mercury had only reduced the bulging spleen, but had not normalised the condition, I sent her, on the 8th July, Succinic Acid 6x. Succinic Acid is made from amber. Shortly afterwards she reported great improvement in the spleen condition. I went on giving her Succinic Acid in the expectation that eventually her spleen would become normal. The spleen is a very important organ, although its function is somewhat obscure. I think that surgeons act with criminal carelessness in cutting out the spleen on the slightest provocation, using the argument that it is of no particular use to the human body.

On the 19th August, 1936, she again visited me, and I told her that I was extremely pleased to find that she looked considerably better, and she could run about in ordinary shoes, and that the spleen was almost normal. The bulging of the ribs on the left side had been dreadful. She looked absolutely misshapen. In September, 1936, she had a severe attack of rheumatism, and I advised her to get an abundance of fresh or dry nettles, to make a decoction with two or three handfuls every day, drinking the liquid in the course of the day. This benefited her greatly.

In September, 1936, I discovered that she had had diphtheria many years ago. She had also had measles and chicken-pox badly, as mentioned in the beginning of this story. I then sent her Diphtherinum 200, a dose to be taken every Monday, Morbillinum 30 as a measles antidote to be taken every Wednesday, and Coqueluchinum 200 marked "Chicken-pox antidote—a dose to be taken every Friday." These three medicines are made from the products of the three diseases mentioned.

Swellings, especially if very pertinacious, are often favourably influenced by Carcinosinum, the disease product of actual cancer. I gave her a few doses of Carcinosinum 200 once a week. Then she had intercostal rheumatism, for which I gave her Ranunculus Bulbosus 1x. This proved particularly helpful, and Carcinosinum affected the spleen favourably.

In January, 1937, she told me that she was troubled with crumbling of teeth for which I sent her Calcarea

Phosphorica. Then her nervous troubles recurred, for which the indicated remedies were given. I gave her Silica 12x and 200 to strengthen her feet and bones. Then she had trouble with the womb, for which I sent her womb tonics. From time to time she saw an osteopath, who had helped her long ago, and who was very satisfied with her progress.

In September, 1937, she developed deafness, apparently due to catarrh, which was cured with Pulsatilla 3x. Then she lost her appetite, and was given Asafoetida 3x and diluted Hydrochloric Acid, with good results. For anæmia she was given China, etc.

This was a most difficult case, which dragged on for years, but the result was gratifying. In the course of two years' treatment she received about a hundred different remedies, but I do not know whether one would have cured her numerous weaknesses, complaints and defects with fewer remedies. Before she came to me she had had a large number of diseases and disorders, and each of them had struck her in the most severe form. During the years under my care she had improved steadily, and had had no severe attack of any kind.

When she came to me she was unable to walk. Now she can walk, run, dance, can do hard physical work, has lost her nervousness, the swelling of the spleen which bulged out the ribs has vanished long ago, and she is a totally different woman. Curiously enough none of the doctors and consultants she had seen before she came to me had studied her body as a whole. One specialist had concentrated upon rheumatism, another upon the weakness of her ankles, another on her anæmia, etc. The body as a whole had never been treated, and had never even been considered. To my amazement not one of the numerous doctors and specialists who had examined her had tried to deal with the bulging spleen. Perhaps it was as well that they had disregarded it, otherwise a surgeon would probably have advocated its excision, and this would have been the end of the patient.

The story of the cure of Miss H. should be interesting to prescribers, professional and lay, and to

patients. It shows that often years of endeavour are required to build up a weakened constitution, racked with disease. With patience and perseverance one can produce miracles, but such a miracle cannot be done by medical or surgical tricks, by dramatic operation or by some wonderful injection or other remedy. There is no specific for any disease. Orthodox doctors and homœopaths must treat a case like that of Miss H. with unending patience and with infinite resourcefulness.

CHAPTER XVI

A VERY BAD CASE OF TUBERCULOSIS

TUBERCULOSIS of the lungs is very tractable. A sick lung can be bathed in pure air and it responds readily to sensible, natural treatment. Other forms of tuberculosis are less amenable to treatment, especially if the trouble is extensive.

On January 3rd, 1937, Mrs. E. W. wrote to me from an address near Birmingham: "Can you help my daughter aged seventeen? She was treated 'for indigestion' for six months by her doctor who made no examination. Then he was sent for and he diagnosed appendicitis, and after keeping her in bed with hot flannels on her abdomen, she was sent to hospital. An operation revealed that there was no appendix trouble, but a condition of tuberculosis of the mesenteric glands. She had no treatment, nothing was removed, she was discharged from hospital on December 20th, 1936, and was told that she should rest completely for six months. A visiting medical Tuberculosis officer advised sending her for open-air treatment twelve miles away, but we could see no benefit to be obtained by removing her, as, living in a country district, we could obtain an open-air shelter for her use and could have help in nursing. Could you please help us with treatment and diet?"

In reply I told Mrs. E. W. that I found it difficult to offer an opinion without seeing the child in London. The mother replied on January 12th: "I am unable to make an appointment at present as my daughter is still too unwell to travel owing to the severe pain from the tuberculous glands. Also she has not yet recovered from the effect of the operation." It was clear to me that there was some inflammation in the abdomen which called for Belladonna, and the pain in the glands suggested Phosphorus. Phosphorus is an excellent

remedy for tuberculosis. I therefore sent Belladonna 3x, marked "Inflammation, three pills three times a day," and Phosphorus 3 marked "Glandular pain, three pills three times a day," and recommended the two medicines to be taken in constant alternation, a dose every two hours.

On January 21st, a week after the two medicines had been despatched, the mother wrote to me: "I am pleased to say that the pills which I received from you a week ago have had good effect. The intense pain which my daughter had had at intervals across the stomach and all over the back have considerably improved. The area of tenderness on the stomach is also less, but the child still complains of backache and stomach pain, and has no inclination for food. She has a very pronounced psoriasis, an old trouble."

The information that the child had psoriasis was new to me. I therefore added Sulphur to her prescription. She was to be given Sulphur 6x first and last thing and in between, Phosphorus 3 and Belladonna 3x in constant alternation, a dose every two hours. About a week afterwards, on February 3rd, the mother wrote:

"I am glad to say that in my daughter's general condition there is a marked improvement. There are large masses of psoriasis, but they are no longer so fiery-looking. Your suggestion that the trouble might be due to the use of a strong ointment is correct, as, for the first time in her life, she did use a nasty-smelling ointment about eighteen months ago. The tuberculous glands which are massed together and form a large lump in the appendix region are not giving so much pain."

As Sulphur 6x had benefited the child, I gave her Sulphur in a higher potency and altered the prescription considerably. On February 5th I sent her Sulphur 30, a dose to be taken first thing on Monday and Thursday, Phosphorus 30, a dose to be taken last thing on Wednesday and Saturday, Arsenicum Iodatum 3x (a great remedy for tuberculosis), a dose after meals, and Bacillinum 200, a dose last thing Tuesday. Six weeks after sending these medicines, the mother

wrote: "The child is much improved in every way, but cannot stand any vibrations owing to tenderness of the glands, so that travelling is difficult. Otherwise I would have brought her to London long ago. She is very anxious for you to see her, and thinks she will be well enough for the journey in a week or two. The old psoriasis patches are fading and new ones appearing in places not previously attacked, but they are not so fiery-looking as hitherto."

A few doses of medicine had benefited the child so much that she could travel, and she arrived in London on June 10th, five months after the correspondence had begun. The child was pitifully thin, almost bloodless. Her face bore the imprint of deep suffering. The abdomen was tender and she was incredibly emaciated. I wrote in my directions: "You have come to me complaining about swollen and painful glands in the abdomen in the right side in the neighbourhood of the appendix. Towards the end of last year a doctor and surgeon made the diagnosis that you had appendicitis. They opened you up and found that your appendix was in order, but that you had badly swollen mesenteric glands which could not be cut out because there was too much of them and they were adherent to various organs. You have been treated with Blaud's Pills and various other medicines, and have been living on a very faulty diet. You were 7 st. 8 lbs. and are now only 5 st. 7½ lbs. and have therefore lost nearly 30 lbs. You are terribly emaciated, muscles feel flabby. You have been kept in bed for some considerable time against your instinct, and probably to your harm. The abdomen is still coloured brown through the over-application of tincture of iodine which has been absorbed by the skin and has not done you any good. You have always had a weak stomach, never perspired before your illness. You used to get septic spots round the eyes, are apt to get an evening temperature with flushes of heat. You had night sweats badly which are getting less frequent since taking my medicines. You are constipated, prefer to go about without a hat. Occasionally you have white sediment in the urine. The pain is apt to go from right to left.

Your psoriasis began when you were seven years old and started on the left leg, possibly in consequence of vaccination. You get hot feet in bed, have no appetite, like best to be in the open air, have a dry mouth and no thirst."

There was now a chance of doing some good to the child by dietetic and medicinal means. The poor girl had lived largely on meat extract, cocoa and other advertised so-called health foods, meat broth, kippers, etc. She was given a vegetarian diet and was told to take per day up to nine heaped tablespoonfuls of broad bran, two to three eggs, two to three pints of milk, 6-8 ozs. Australian sultanas, 2-3 ozs. mild grated cheese, etc., increasing intake gradually and cautiously. For medicines she had Phosphorus 3, a dose between meals, a combination of Ignatia and Carbo Vegetabilis 3x, marked, "digestion and depression," three times a day, before meals, and after meals, she was to take either a dose of Cinchona Rubra mother tincture, or Ferrum Phosphoricum 2x, both described as tonic and blood making. On Monday night she was to take a single dose of Bacillinum 200, because of her tuberculosis, on Wednesday night a dose of Thuja 200 to antidote vaccination. As the trouble was located on the right side, and as she had other symptoms indicating Lycopodium, she was to have a dose of Lycopodium 200 every Friday night.

On June 18th, after the first week of treatment, Miss K. W. wrote: "I weighed myself to-day and was just over 5 st. 8 lbs., so I must have gained nearly $\frac{3}{4}$ lb. The pain in the glands is much less. I feel bright on waking. I have more inclination for food, indigestion is much better. I feel better in every way and feel much stronger in every way." Attached to the girl's letter was a note from the mother saying: "I have noticed that on waking, she is not irritable as before; she seems brighter and I have heard her singing before breakfast." That was a very promising beginning. I sent her Sulphur 6x first and last thing, Phosphorus 3 to be taken between meals for the pain in the glands, and a combination of Ignatia 3x and Carbo Vegetabilis

3x, a dose to be taken before meals to improve digestion and spirits.

A week later, on June 25th, the girl reported to my great joy: "Since beginning your treatment I have had no more night sweats. Mother says she is very pleased with the progress I have made so far. My weight this week has been increased by 3 ozs., but I hope to do better next week." It is a well-known fact that night sweats of consumptives are a very bad sign. Happily there was an improvement in other directions as well. As the tuberculous glands were situated on the right side, and as there were other right-sided troubles, I sent her *Lycopodium* 12x, a dose first and last thing, and gave her *Calcarea Iodata* 3x between meals. This combination of *Calcarea* and *Iodine* seemed to be indicated, *Calcarea* for building up purposes and *Iodium* for reducing the swollen glands. As a tonic I sent her diluted *Phosphoric Acid*, 10 drops to be taken in water after every meal.

On July 2nd she wrote: "My period began on Monday morning, there being little pain. The condition was very different from last month. I am glad to report that I have gained a further 1½ lbs. this week although I am not taking very big meals. My appetite seems better. The glands are easier, indigestion is only slight, I am feeling much stronger. There is very little pain at the period compared with the last period. I begin to notice a difference in my arms and legs, the arms especially seem plumper. I have now practically no indigestion; glands seem easier." I sent her the same medicines which she had had before and gave her in addition a little *Thyroid Gland* to improve her appetite.

A week later, on July 11th, I received a wonderful letter from the mother in which she compared the condition of her daughter on July 11th and on June 10th, when she came to me. She said:

"When I brought my daughter to see you on June 10th I was in a state of nervous apprehension for fear that she might not be able to stand the journey of four hours each way. When you saw her, she had been kept in bed for six months on the advice of the sur-

geon who had operated upon her for suspected appendicitis and he had found instead masses of tuberculous glands in the abdomen. The six months' rest in bed improved the glands a little, but that was all. The child lost appetite and flesh and lost two stone in weight. She ate scarcely anything although given what she fancied. She had no desire for food and wished to throw all her food through the window. She had indigestion constantly. Her doctor gave her Blaud's Pills and Vegenin tablets, which I think were responsible for the constipation, sickness and coated tongue, and she had headaches on waking and was irritable and depressed. There was rarely a normal bowel movement and an enema was often necessary.

"The last period previous to her visit to you was terrible. She could not turn in bed for pain or bear the weight of the bedclothes on her stomach. In less than a week after commencing your treatment and diet she was quite transformed and the knowledge that she need not keep to her bed made her a different being. She was in high spirits, and practical jokes replaced her previously low spirits. Her next period was normal, there being little pain.

"The glands are less tender and she is steadily gaining weight, although she cannot take more than half the desired amount of food. There are still patches of iodine discoloration to be seen on the abdomen, but they are less since applying the cod-liver oil. The bowels are now acting well, and there is only a little indigestion. My chief concern is to keep her from too much activity, she feeling, as she puts it, quite all right. I have difficulty in persuading her to take things quietly. I quite agree with my husband's remark, who said: "I am wondering whether you have seen a magician.' We all thank you very much."

As I thought that Sulphur had done its work, I replaced that medicine by Calcareo Phosphorica 3x, a dose night and morning for strengthening purposes, and otherwise continued medication as before. On July 16th the child wrote: "I have gained another pound this week, and my weight is now 5 st. 12 lbs. Therefore on an average I have gained a pound a week.

Mother remarked about my arms to-day and said that there was quite a noticeable difference, especially above the elbows. The same applies to my legs. My nerves also are much stronger, and I am not irritated so easily. I have now lost all desire for meat and fish. Except for the glands I should not know that there was anything the matter with me, I feel so well."

Medication was continued as before. On July 23rd the child reported that there was no improvement in weight. A week after, on July 30th, the girl wrote: "I am pleased to tell you that I have gained a pound this week, and I still continue to gain strength. Just lately quite a number of people have told me how much better I am looking." On August 6th my patient reported: "I have gained $1\frac{1}{2}$ lbs. this week, and now weigh 6 st. $\frac{1}{2}$ lb. Glandular pain has decreased a good deal. In fact I am able to walk about without feeling it. During the six months I was in bed, I did not make one tenth of the progress I have made since beginning your treatment not quite two months ago. I have a great deal to thank you for."

Progress continued steadily. On August 13th the child reported: "My weight has again been increased by $1\frac{1}{2}$ lbs. The glands still continue to improve, and the swelling is very much less. It has improved wonderfully during the past few weeks. The hot weather seems to have robbed me of all energy. My legs feel heavy. My period began to-day and so far I have had no pain at all." As the child was obviously upset by the heat, I sent her Sulphur 6x, a dose first and last thing, to replace Calcarea Phosphorica. Sulphur is cooling and blood-clearing. As she had complained about sleeplessness through over-activity of the brain, I sent her Coffea Tosta 30, doses to be taken as needed during the night.

The hot weather had evidently interfered with the child's appetite. On August 20th she wrote: "My weight is the same as last week. I think this is due to my appetite which is rather poor. My period ended on Tuesday and I had no pain during the five days of the flow." To improve her appetite I sent her Thyroid tablets, of one grain each, one to be taken with meals,

and sent her diluted Hydrochloric Acid with a dash of Ignatia in it, 10 drops to be taken after meals. This combination improved her appetite. The child wrote on August 27th: "I have gained nearly $\frac{3}{4}$ lb., appetite is better." As the weather was no longer so hot, I replaced Sulphur by Calcarea Phosphorica 3x, and otherwise left medication as it was.

On September 3rd the girl wrote: "Believe it or not, but I have gained three lbs. this week; at least the scales say so. I have had a good week on the whole except for three sleepless nights, but this is an improvement on last week. My appetite is much improved which I think is due to the drops you sent me. I feel very much stronger than I did a few weeks ago."

I continued the previous medicines and the next report, dated September 10th, was: "I have put on one and a half pounds this week, and since beginning your treatment have gained one stone except for a few ounces. I am pleased to tell you that I have slept very well this week—not a single sleepless night. I am also eating well and getting much more colour into my cheeks. In fact, I don't know myself for the same person. My parents are delighted with the wonderful results. I am enclosing snap as requested, and am sorry that it is rather small but there has not been time to get it enlarged."

I gave the child Calcarea Phosphorica 3x, marked "strengthening—two first and last thing," a combination of Nux Vomica, Carbo Vegetabilis and China marked "digestion and bowel flatulence—two before meals," and Arsenicum Iodatum 3x, which is an excellent remedy for reducing tuberculous and other swellings, marked "two tablets to be taken after meals."

On September 17th the girl wrote with great joy: "This week I have gained two and a quarter lbs. I don't think there is anything else for me to report, for I have a very good appetite, am sleeping well, and am now free from flatulence. I feel quite strong, and the lump in my side has decreased so much that I cannot tell whether it is there or not. I am able to walk about quite well, although I haven't been for short walks yet as I was afraid of overdoing it. Do you

think it is too early for this?" In reply I told her that she could go for walks.

On September 29th she sent me another photograph of her face, which showed remarkable progress, and in the letter accompanying it she wrote: "I am enclosing herewith the photograph for which you asked this week. I felt rather tired when this was taken, having done a twelve-mile journey to Birmingham, but for all that I'm sure you will agree that there is a wonderful difference between this photograph and the first one. I never before realised how dreadful I looked until I compared the two. I consider I have made wonderful progress and I am greatly indebted to you."

The girl kept on improving. On October 1st she wrote: "I have gained two and a quarter pounds this week, and so far have been for three short walks. It is grand to be able to walk about again like other people and everybody I meet remarks upon my improved appearance."

On October 9th the child wrote: "I weighed myself to-day and the scales registered seven stone seven lbs., an increase of eight and a half lbs. in a week!!! I was so staggered at this, I went to two more weighing machines which gave the same result. When you weighed me in June I was practically five stone seven and a half lbs., so that I must have gained two stones since then. I cannot account for the exceptional increase in weight this week, except that I have eaten a little more bran than usual, and that I have been taking halibut-liver oil for the past three weeks instead of cod-liver oil and malt."

On October 15th Miss W. wrote: "When I visited you in London on June 10th of this year, I had spent six and a half months in bed, and had been through agony during that period. I used to get days when the pain was so bad that I could not bear the weight of the bedclothes. Often I could not be moved even to have my bed made, and I didn't know what to do with myself. The glands in my right side were extremely painful, and until I received your first lot of medicines during the early part of the year, I was unable to lift my right leg from the bed. My last period before

visiting you was terrible. I had no appetite and often felt a great desire to throw my food through the window—anywhere where I couldn't see it. On an average I had one meal a day. I used to get very depressed and irritable, and for several months had very little sleep at night. I was dreadfully constipated and did not have a natural movement for weeks in spite of taking various laxatives, so that a daily enema was necessary. I began to get terribly thin and, as you know, lost about thirty lbs. in weight. My panel doctor had diagnosed two complaints, both wrongly, and I am afraid I had lost all faith in his treatment which consisted of large doses of iron, hot flannels and tablets for deadening pain. These gave little or no relief. He urged me to go to a sanatorium some twelve miles away, but I objected, chiefly on account of the diet, and the fact that I was already living in the country.

"During the four months of your treatment I have gained two stone in weight and am still gaining. I feel wonderfully well and strong. My appetite has improved by leaps and bounds. The swelling in my side has disappeared, as well as the stabbing pains in my waist, of which I wrote some weeks ago. On taking the first dose of *Lycopodium* 200 the pain in the glands began to decrease and went on decreasing until now it has disappeared, except for an occasional feeling of tenderness if I exert myself too much. I am apt to forget the pain at times as I feel so well. I sleep well at nights, I feel energetic and am now going for short walks. The longest distance I have walked so far has been two miles, and four months ago I could just walk across the room.

"I hope to come to London again shortly (not in an invalid chair this time) when you will be able to see the transformation which you have brought about. My heartfelt thanks."

On November 4th, 1937, the girl and her mother came to my consulting-rooms for the second time. At the previous visit, on June 10th, the child had been so ill and so weak that she had to be carried up the very comfortable stairs. This time she not only walked upstairs, but she walked from the railway station to

Park Crescent, a walk of about half an hour, and she was not exhausted. When she came to me, less than four months previously, she had a large swelling at the right side of the abdomen, approximately the size of a large orange; it was exquisitely painful, and I was only able to feel it very gently with my finger-tips. This time there was no tenderness whatever and I could press deeply into her abdomen from every side. There were no tuberculous glands and not a trace of a swelling. Obviously the huge mass had been completely absorbed in record time.

The girl felt so well that she and her mother wished to stop treatment. Tuberculosis is a very insidious disease. I insisted that she should remain under my treatment for at least two years. She not only wished to discontinue treatment but wanted to go back to business. She had been working as a shorthand typist before her breakdown. I told her that this was quite out of the question, that for at least six months she would have to live entirely for her health.

It was not quite clear to me what her condition had been before I sent her medicines in January 1937, six months before I saw her at my consulting-rooms. She said that she was going to tell me how she had been feeling in January, 1937, and wrote to me as follows:

"I am writing to say how I felt before I received your first lot of medicine, but now, when I am fit and well again, it is practically impossible for me to recapture my feelings of that period and to put into words the pain I endured. However, I will do my best

"After seventeen days in hospital I was sent home in an ambulance and this shook me up a great deal. That was a day or two before Christmas, 1936, and from then until Mother wrote to you, I endured dreadful pain. My back seemed at breaking point, and I could do nothing to alleviate this, as it was impossible to lie on either side. If I took any solid food, it invariably caused vomiting which ended in agonising pain, so that I was terrified of a recurrence. I felt so ill that often I could not lift my head from the pillow or bear anyone within several feet of the bed, so that fre-

quently it was two or three days before I could bear to have it properly made.

"I used to lie for hours with my hands supporting the bedclothing because I could not bear the weight. I could not sit up or lift my right leg from the bed. I had most peculiar sensations. My body felt very light and I had a feeling of floating on air. My mind seemed dulled by pain. It was as though I had lost all power of concentration, for I frequently had to think for several seconds before I could speak, and my voice grew noticeably weaker.

"As I was very anæmic, the doctor prescribed iron which was given to me in large doses. Needless to say, this was dreadfully constipating, so much so that I did not have a natural bowel movement for weeks at a stretch; the only solution was an enema which caused more pain. I was also given large tablets for deadening pain, and whenever I took these, the perspiration used to run off me in small streams, leaving everything damp. For weeks I had very little sleep and I used to lie awake at night wondering if I should ever walk again. I was getting weaker every day. I had no appetite, and I had given up hope.

"After a month or more of this, Mother wrote to you, and I thank God she did so, because I do not think I could have endured it much longer. I am quite convinced that I should have been unable to visit you without the aid of those first medicines, and had I not received your treatment, I feel sure that I should not be alive to-day. May God bless you and your wonderful work."

The girl and her mother were extremely grateful. The child said to me: "If I had not come to you, I should long ago have been put into the ground in a wooden box." And her mother said, with glowing eyes: "You have not only saved my daughter's life, but my own as well." It is delightful to be allowed to do such work. There has been further progress since. The girl can now walk twenty miles without a stop, and frequently takes twenty-miles, non-stop walks, a thing she was never able to do before her illness. Her psoriasis also has vanished.

I have described this case in full detail in order to show that even the most unpromising cases may improve and get perfectly well, but in order to achieve success, it is necessary for practitioners, professional or lay, to have the utmost faith in the power of nature to cure, and to be willing to exercise their best powers to obtain success and to arouse hope and faith in the patient.

I have in my possession a number of photographs which show the amazing progress made by the patient. The first photograph was taken on her return home from our first interview. Even then, the child was much better than she had been months ago, owing to the medicines I had sent her from January, 1937, onward to June. Still, in the first photograph she looks in a desperate condition. The second photograph where she is lying on the ground was taken five weeks after the first. The improvement is almost incredible. The third photograph, depicting her sitting, was taken six weeks later than the second; she looks happy, smiles and looks almost well. In the fourth and last photograph, taken three and a half months after our first interview, she looks the picture of health and happiness. Her progress was truly marvellous. I have gone with her for twenty-mile walks. She is now sturdy, powerful and indefatigable, stronger than she has ever been.

CHAPTER XVII

A VARIETY OF COMPLAINTS

A CASE OF CHRONIC CONSTIPATION. TUBERCULOSIS AND FISTULA. ANGINA PECTORIS, HIGH BLOOD PRESSURE, TUBERCULOSIS AND PILES. A HEART CASE. HIGH BLOOD PRESSURE

CHRONIC constipation is extremely difficult to cure, and homœopaths find it almost as difficult as orthodox practitioners. The cure of constipation does not consist in prescribing some violent bowel irritant which produces evacuations, such as Cascara, which is very popular at the moment. Homœopaths endeavour to correct constipation by medicine given in infinitely small quantities, which constipates if given in large quantities.

On the 9th December, 1936, I was visited by Miss T. She was 19 years old, did clerical work, and complained of chronic constipation from which she had suffered for three years. It is my principle to treat the body as a whole, whatever the actual complaint may be. Miss T. looked bright and cheerful but weak. She had a poor chest and poor chest expansion, her legs were not straight, she was underfed, had poor teeth, terribly irregular periods which occurred occasionally, at intervals of six months, with practically no discharge. She had catarrh, did not perspire, looked flabby, and had lost a stone in weight. Her mother was desperately weak, had a poor complexion, had been very anæmic for years, and had been treated with liver injections. There was tuberculosis in the mother's family.

Under the circumstances, my first duty was not to deal with the constipation complained of by the patient, but to build her up. I started by giving her *Calcarea Phosphorica* 3x for strengthening her, a dose night

and morning, and *Pulsatilla* 3x between meals, to regulate her periods. To provide her with an appetite she was to take Thyroid 2x before meals, and every Monday night she was to take a dose of Bacillinum 200 in view of her tuberculous inheritance. Every Thursday night she was to take a dose of Alumina 200 as an antidote to aluminium poisoning, for aluminium had been used in the kitchen. To regulate her bowels I gave her large quantities of bran, wholemeal bread, black treacle, and other laxative foods, forbidding flesh, fish and fowl. She was to have adequate quantities of liquid, and for bowel regulation liquid paraffin. She had never taken much milk, but she had now to take large quantities to build her up.

The girl, who looked desperately weak and anæmic and had a delicate skin and ultra-soft tissues, became distinctly sturdier. She gained weight, her periods improved, and she felt quite happy. On the 12th January, after a month's treatment, she wrote to me that she had had a better period than usual, and that she was gaining weight. "I have increased another pound in weight since I last wrote, and now weigh 8 stone 10 lbs., more than any female member of either branch of my family."

In addition to constipation she complained about the fact that her motions were ribbon-shaped. The flattening of the motions was due to some pressure, probably pressure from the womb, which was apparently retroverted. I therefore treated her with *Sepia* 12x an excellent remedy for prolapse of the womb, in alternation with *Lilium Tigrinum* 3, which is excellent in cases of retroversion.

When Miss T. first came to me she was terribly anæmic, almost bloodless. It was therefore not to be wondered at that her monthly discharge was extremely scanty, and that the periods occurred with intervals of several months. Nature limited the discharge recognising that Miss T. could not afford to lose much blood.

I saw Miss T. from time to time, and gradually her condition improved. A weak child of a weak mother cannot rapidly be made strong and sturdy. Miss T.

was constitutionally weak, had been weak from birth, and her reaction was not vigorous. Her vitality was low. My surmise that constipation was largely due to weakness of the womb, which had flopped backwards and pressed upon the bowel, was probably correct.

After a time she gave up treatment, feeling satisfied that her bowel could be regulated to some extent with bran and paraffin. However, she was an intelligent woman, and recognised that the position was unsatisfactory.

Early in March, 1938, she came back to me complaining once more about constipation. She wrote to me on the 4th March: "Unfortunately the constipation does not improve. I have nearly every day been forced to take some purgative medicine, and twice I had to use a glycerine suppository. Matters seem to grow worse instead of better. The obstruction from the womb appears almost every day. I am certain that this is the primary cause. I always feel the urge to go to stool, but can obtain no results, however much I try."

I discovered that her bowel was very dry, although she took an abundance of liquid. There are what are called "greedy colons," which absorb all the moisture. One of the medicines which is given for this condition is Bryonia. On the 5th March I sent her Bryonia 1x and told her to take a dose every two hours. On the 15th March Miss T. wrote to me: "Since taking Bryonia I have one motion a day, with no medicine but liquid paraffin. This has afforded me considerable relief of body and mind, but still the motions are very inadequate, and if I try to use my muscles of excretion I get this wretched displacement."

If an apparently indicated medicine does not produce adequate results, then the skilled homœopath gives the same medicine in a higher potency, which means in a very much smaller quantity. On the 15th March I sent to Miss T. Bryonia in the 30th potency, a dose to be taken night and morning. The 30th potency is equivalent to a decillionth of a grain of the drug. A decillionth is a figure where one is followed by sixty noughts. Among the most constipating poisons is

lead, called Plumbum in Latin. I wanted to find out whether Bryonia or Plumbum would suit her best, and I told her to change every three days from Bryonia 30 to Plumbum 30.

On the 25th March Miss T. wrote to me: "I thank you for the medicines you sent me ten days ago. Since then I have gone to stool regularly every day, which relieves me a great deal. Plumbum 30 seems to suit me best, while Bryonia 30 was much too purging. I felt tired and lifeless while I was taking them. The Bryonia 1x pilules were also very good."

While one-tenth of a grain of Bryonia had had some effect, the same medicine given in infinitely small doses had purged the girl violently. If one mixes one grain of Bryonia in a quantity of water as large as the earth, the solution will contain approximately one decillionth of a grain of the drug in every drop of water. This shows the extraordinary potency of the homeopathic dilutions. As Bryonia in the 30th potency had acted too powerfully, I gave her Bryonia in the 200th potency, a dose to be taken once a month. Then I again sent her Bryonia in the 30th potency to be alternated with Plumbum in the 30th potency.

On the 30th April, 1938, she wrote that the Bryonia in the 30th potency suited her best. On the 13th May, 1938, she had so much improved, that instead of giving her Bryonia 30 night and morning, I gave her a dose only every morning, but I gave her at the same time Bryonia in the 200th potency twice a week in the evening.

On the 23rd May Miss T. wrote to me: "I thank you for your letter and the medicines. You have freed my mind from a great deal of worry. I am doing very well taking your medicines only in the mornings. I am delighted with the general good results I have had. The only time I feel unwell now is just before my monthly period, which is nearly always a week overdue. I feel full of good health and spirits, thanks to you."

Apparently the girl was cured by Bryonia in a high potency. The fact that the infinitely small doses of homeopathy act powerfully cannot be denied.

Tuberculosis and Fistula.

I had treated Mrs. F. with success for goitre. Having experienced the benefit of homœopathy, she wished me to treat her son, Mr. G. F., who wished to marry in a few weeks. In his mother's opinion his health gave cause for concern, if not for anxiety.

Mr. G. F. came to me on March 18th, 1937, and told me his story. His father had died of tuberculosis of the lungs when he, the son, was ten years old. The health history of my patient had been a deplorable one. Between the ages of fourteen and twenty he had suffered unceasingly from boils, and styes, which showed that his blood was in poor condition. He had been vaccinated as a baby and at twenty. The latter vaccination resulted apparently in blood poisoning. A huge abscess formed soon after, and a year later he developed pleurisy in the left lung.

He was kept in bed for four months and then developed a large rectal abscess which was lanced repeatedly, and he was kept in hospital under treatment for a couple of months. A little later he developed tuberculosis in the left lung. Obviously the left side was the worst side. It is a well-known fact that vaccinia poisoning affects the left side more than the right. He went to the Brompton Hospital for Consumptives, his lung was collapsed in the usual way, and he was kept for four or five months in the hospital, where he developed deafness in the right ear, and his throat became so badly affected, probably with tuberculosis, that for several months he was not allowed to use his voice. Then he was sent to a sanatorium in the country where he stayed another three or four months, and his health improved, but he developed a fistula in the anus. When he came to me the fistula was still discharging.

Mr. G. F. was twenty-seven years of age, tall, well made. He was a petrol salesman. I found to my surprise that he was muscularly weaker than I who am forty years older. He was nervous of himself, a thing very understandable in view of his health history, and he complained of feeling cold about the head when

lying in bed. Coldness about the head when in bed is a well-known Silica symptom which confirmed my assumption that he needed Silica for his fistula. He did not perspire at all, his teeth were soft, he hated fat, disliked much clothing on the bed, was moody and melancholy. In the evening he was apt to get red patches on the cheek, a very suspicious symptom in those who have had, or are likely to have, tuberculosis.

I found to my surprise and dismay that he smoked a great deal instead of eating. Whenever he felt hungry, he smoked a few cigarettes to allay the pangs, and then he had no longer any desire for food. He took large quantities of tea and coffee, liked fried fish, curry, fried bacon and other unsuitable foods. He took little vegetables, salads, fruit, and lived on the usual devitaminised and demineralised diet.

His desire for fresh air and dislike of much clothing on the bed clearly indicated that he required Sulphur. I gave him Sulphur 6x, a dose night and morning, Thyroid 2xx before meals to give him an appetite, and gave him a dose of Bacillinum 200 last thing every Monday, a dose of Thuja 200 marked vaccination antidote, last thing every Saturday. Every Monday and Saturday night he was to replace the routine medicine with a dose of the indicated once a week medicine.

He was to take an abundance of bran, which contains much lime, required to protect his lungs and strengthen his teeth, bones and ligaments. He was to take in the course of the day from four to six eggs, from 4 to 6 ozs. of mild grated cheese, from 2 to 5 pints of milk in every form, an abundance of sultanas, honey, etc., and was to increase his intake gradually and cautiously. As he lived in lodgings, he found it a little difficult to carry out my dietetic directions. After a week I replaced Sulphur by Calcarea Phosphorica 3x, a dose to be taken night and morning, and gave him Silica 12x marked fistula and strengthening, a dose twice a day between meals.

Mr. G. F. who had been treated for years by eminent orthodox doctors in hospitals and sanatoria without much success, seemed rather sceptical when he came to me for an interview. Having received orthodox treat-

ment by leading men for years, he very naturally thought it unlikely that a layman might do him much good. However, he was sensible enough to try the new treatment. On April 15th, exactly four weeks after the treatment was started, he wrote to me:

"Since taking your medicines I have been imbued with terrific energy, and have tackled the many problems of my business and domestic life with pleasure. My work as a salesman has benefited greatly and with great results, and there is now promotion available. I write this to say that I work extremely hard all day and enjoy it. My weight has increased by 2 lbs. and the fistula is almost healed and has ceased to give me any trouble. Unfortunately, I have not been able to adopt the diet you recommended as fully as I wished until now. However, I am now being better looked after. I am taking extra milk, etc. I do appreciate your kindness in altering me from a rather placid individual to an aggressive salesman."

In less than a month Mr. G. F. had been completely changed and was set on the road that should lead to health and strength. The orthodox treatment for fistula consists in cutting out the fistula until healthy flesh is reached, and allowing the healthy margins to grow together. This treatment of fistula has always amazed me. A fistula is a drainage pipe which leads from some part of the interior of the body towards the outside, and it discharges pus. It is obvious that it is a terrible mistake to stop the discharge of pus, especially as such stoppage is very frequently followed by the most serious consequences. I have seen numerous cases of fistulas in patients who either were actually and actively tubercular or who had a very pronounced tubercular inclination.

Nature tries to free the body of poisonous pus by digging a channel through which the pus can escape from the body, and physicians and surgeons know nothing better to do than to destroy this healthful arrangement and to compel the body either to absorb the pus or to provide an alternative opening. In numerous cases of fistula, the surgeon's attempt to close the outlet is successful only temporarily, for

nature will open another fistula or several fistulas to let out the pus. If this is prevented, or if the body has not the necessary strength to create such a drainage system, the pus is absorbed, and absorption may lead to virulent tuberculosis, septic pneumonia or blood poisoning, and in due course a death certificate may be issued stating that the patient died of streptococcal septicæmia.

Angina Pectoris, High Blood Pressure, Tuberculosis and Piles.

On the 7th December, 1937, I was consulted by Mr. H. of Bexhill-on-Sea, who complained about high blood pressure, Angina pectoris, tuberculosis and hæmorrhoids. Mr. H. was 53 years old, an assistant in one of the multiple stores, married, and he came from very poor stock. His mother had died of heart disease at the early age of 32, his father had died when 55 of some obscure trouble. His parents had had six children. One of them had died in the war, and two had died of tuberculosis. The medical inheritance of Mr. H. was extremely unfavourable.

In the summary of his case, I wrote: "You have come to me complaining about high blood pressure as diagnosed by the doctor. Last year you had a pain in your heart, chest and back, running down the arms, which forced you to keep to your bed for months, and you were told that you had a high blood-pressure. I am afraid I cannot accept the diagnosis. I have found that you have always been constipated, and that you have been living on a faulty diet, which caused you to lose practically all your teeth. You have bleeding piles, and take boiling-hot liquid. Liquid which is too hot for the finger is too hot for the stomach. Further, you smoke fifteen cigarettes a day, inhaling, which is dangerous for your lungs. Aluminium has been used in your kitchen. You have a poor chest, weigh only 9 stone 11 pounds, feel flabby; thunder and the strong sun upset you. You get depressed, pulse is weak, you had smelly feet when a boy. Then you were kept on your back for blood pressure. You also had glaucoma, for which you were treated with hot outward applica-

tions, although glaucoma is usually due to constipation and self-poisoning. You take large quantities of pepper, to your danger, and much tinned food."

"I gave him a diet designed to correct his bowel trouble, to detoxicate his system and to build him up. He was to take an abundance of bran. He was to have black treacle, which is rich in iron and laxative, he was to take plenty of milk, milky foods, eggs, cheese, vegetables, fruit. Flesh, fish and fowl and everything made of them were strictly forbidden. I gave him *Calcareo Phosphorica* 3x, marked "Strengthening,—a dose to be taken night and morning." Between meals he was to take a dose of *Phosphorus* 3 marked "Constitutional, thunder upsets, bleeding piles," which is a most important medicine for the consumptive. His digestion was regulated by doses of *Nux Vomica* and *Carbo Vegetabilis* given in combination, and he was to take on Monday nights a dose of *Bacillinum* 200 for his tuberculous tendency, and on Thursday nights a dose of *Thuja* 200, to antidote vaccinia poisoning, which I suspected.

On the 15th December, after a week's treatment, he wrote: "I am very pleased to report that I am feeling much better, the pain in the heart, chest and back running down both arms is a little less frequent, and not quite so severe. The constipation has ceased, the cough is much better. I have gained 1½ lbs. in weight."

I continued medication as before. On the 22nd December he reported: "Constipation is much better, bleeding piles are much better. I now weigh 10 stone. The pain in the chest, back and running down both arms is still very troublesome; it comes on several times a day, lasting for about ten minutes. I also get the pain while I am in bed."

I had begun treatment by building him up with a suitable diet and medicine, and had hitherto disregarded the heart trouble. It was now time to deal with the extremely painful and dangerous condition of his heart. There is an extremely poisonous spider called *Latrodectus Mactans*, the bite of which produces the most terrible heart spasms, indential with the fearful spasms of angina pectoris. On the principle of

similarity *Latrodectus Mactans*, was most strongly indicated. On the 29th December I sent him, in addition to the medicines previously given, *Latrodectus Mactans*, in doses of a billionth of a grain. He was to take a dose after every attack.

On the 5th January, 1938, he reported: "I am very pleased to tell you that I am still progressing. Heart pains are less frequent and not so severe. Constipation is much better, I usually go twice to empty my bowels, piles are much better. I now weigh 10 stone 2 ozs."

On the 19th January I reinforced *Latrodectus Mactans* by sending him *Cactus Grandiflorus 3x*, marked "Constriction pain—three pills as needed." He was to continue taking *Latrodectus 6* after every heart attack. On the 27th January he wrote to me: "My weight is now 10 stone 8 ozs." He then told me that his heart attacks were apt to come on most frequently at night. I then sent him a few doses of *Aurum 6*. Poisoning with gold is apt to produce bad attacks at night. Then he complained about nervous fears, for which I sent him *Scutellaris* mother tincture.

On the 10th February he reported: "I am feeling very much better. I am now getting out quite a lot, and take fairly long walks without getting tired, which I think is a good test for the heart trouble. I get a little pain at times, but not so severe." I continued medicine as before, and gave him a few doses of *Crataegus* mother tincture to strengthen his heart. Then he had a dry cough, for which I sent him *Bryonia* and *Hyoscyamus*.

On the 24th February he wrote: "In my heart pain there is great improvement. Bowels act regularly twice a day, latterly there has been no sign of bleeding piles. I now weigh 10 stones 2 lbs." On the 17th March he wrote: "I am still having slight heart pains, and when these come on I get the pain down both my arms. They last about ten minutes, and after that I can carry on the same as usual. The pains are not so severe as they have been in the past."

On the 10th April he wrote: "I am still making steady progress. I still get the pain round the heart,

usually about four or five times during the day, and sometimes during the night. I am still increasing in weight; I am now 10 stone 3½ lbs."

On the 10th May he wrote: "All my friends tell me how much better I am looking. I still get pain round the heart. It seems now to be my only trouble. I get it three or four times a day. My weight is now 10 stone 4 lbs."

Angina pectoris is an extremely painful disease, and it is considered incurable, or almost incurable, by many physicians. The condition of Mr. H. was particularly difficult. He suffered not only from Angina, but in his case Angina was complicated by a strong tuberculous taint, if not by active tuberculosis, for which I treated him without exact knowledge as to whether there was tuberculosis or not. Then he was extremely anæmic, was badly constipated, and needed building up. I treated him for about six months, and in that time his weight increased from 9 st. 11 lbs. to 10 st. 4 lbs. He became able to do hard, physical work, his bleeding hæmorrhoids, which had weakened him greatly, had disappeared completely, his bowels had become normal, and there was merely a small residue of the heart trouble. In view of his wretched condition when he came to me and his poor inheritance, his improvement was very gratifying. It takes years to rebuild a constitution such as that of Mr. H., especially if disease is intensified by poverty and financial worry.

A Heart Case.

On November 8th, 1934, I was visited by Dr. T., a lady doctor, who wished to consult me about her father who lived about twenty miles from the centre of London. She told me that her father, a retired editor, was eighty years old. He had been healthy, strong and very active, but he had been troubled with an enlarged prostrate and embarrassment of the heart. He lived on a heating diet, large quantities of flesh, fish and fowl, very strong tea, he was badly constipated and the condition of his body and blood could be gauged from the fact that he was chronically troubled with eczema of a most irritating character.

Lately he had complained particularly about his heart. He had sent for a doctor and the doctor had treated him with the usual Digitalis. Everyone who is acquainted with the homœopathic materia medica is aware that Digitalis is an extremely dangerous drug. It has cumulative action and it slows the heart. Slowing the heart is, of course, desirable if the pulse is unduly rapid, but if the drug is continued too long, as happens frequently, then the heart gets slower and slower, and at last stops.

I discussed with Dr. T. the condition of her father, his health history, etc., and she told me that for a considerable number of days he had been in coma. He would not be wakened up for anything, not even for food, and was quite indifferent to his surroundings. He lay in a sleep of death.

I dictated my directions, introducing them by the words: "As your father has plenty of Digitalis symptoms, I should not be surprised if his troubles are due to the Digitalis he has been given. The dose may have been small, but there may be an individual intolerance of Digitalis about him, a not infrequent thing. Leave off Digitalis and all other medicines. I hope that improvement will start immediately. Please tell me to-morrow over the telephone how he is getting on." I put the patient on a fleshless and fishless diet, extremely weak China tea sweetened with an abundance of honey, because honey is a most excellent heart food, and I prescribed *Nux Vomica*, 1 to antidote the Digitalis.

Obviously the *Nux Vomica* was not sufficient to antidote the Digitalis. The coma persisted and the patient's condition became worse. On November 12th, four days after the first interview, I therefore gave Dr. T. for her father, *Opium* 30, marked "comatose sleep." *Opium* taken in large doses produces a coma-like condition, a deep sleep, indifference to surroundings, loss of memory, etc. The Chinese opium-smoker gives an excellent picture of the effect produced by opium which is, therefore, in very small homœopathic doses, an excellent remedy for coma.

Two or three doses of *Opium* 30 produced a miracu-

lous change. The old man who had been lying inertly in bed, dead to the world, not interested in food or drink or anything else, suddenly woke up, became lively, got out of bed, washed, shaved, dressed, carefully put on his collar and tie, and came down to breakfast to the amazement of his family. On looking around, he discovered a heap of letters, some of them a fortnight old, and he asked with indignation why he had not been given the letters. He did not know that he had been in a state of coma.

The heart condition had improved immensely, but unfortunately that improvement was followed by deterioration of the urinary trouble. I wrote to him on November 19th: "I have just seen your daughter, and have heard with the greatest delight how vastly you have improved since I took you in hand. I am sure that further and greater improvement will follow, and that, barring accidents, you will presently be your normal self again. Your daughter has told me that you have difficulty with urination, have to rise frequently, etc. There is obviously some irritation of the bladder, and it is most essential that your urine should be non-irritant. With this object in view, you must absolutely avoid all heating and irritating food and drink, condiments, salt, alcohol, coffee, flesh, fish, fowl and everything made of them, and must take the maximum of liquid to dilute your urine, you taking water, soda water, lemon water and particularly honey water, honey being the most perfect heart food I know. Further, and most important, I want you to take an abundance of parsley tea or parsley decoction, an excellent kidney and bladder remedy."

As long as Mr. T. was in a coma, the food and drink prescribed by me could be administered to him. When his intellect and will-power had returned he created difficulties with the diet, hankering, like so many patients, after the unsuitable heating and irritating food to which he had become accustomed. The bladder condition became worse, he sent for a near-by doctor. The treatment which he was given was unsuitable, he suffered terrible agonies of pain and died before long.

High Blood Pressure.

High blood pressure is widespread among the civilised. In the olden days, when doctors did not possess apparatus for measuring blood pressure, the physician felt the pulse and came to the conclusion that the pulse was hard or soft, bounding, flowing, jerking, etc., and the patient did not worry about the normality or abnormality of the blood pressure, as shown by the quicksilver column of the sphygmomanometer. Patients are impressed by appliances which they have never seen before. They worry about blood pressure and enquire whether their blood pressure is normal or abnormal, very high or very low, etc.

I think the usefulness of the blood-pressure apparatus is doubtful. Countless people are frightened about their blood pressure and go about telling everyone that their blood pressure is abnormally high or abnormally low, etc. Broadly speaking, everyone has the pressure that is necessary. It is the business of the heart to force the blood through the body, the lungs, the limbs and back to the heart, and the heart, arteries and veins co-operate in driving the blood around.

High blood pressure is created by two factors: by the hardening and narrowing of the arteries which cease to be resilient, and which were originally as flexible as indiarubber of the highest grade. In certain conditions an unresilient layer is formed in the artery walls and when this formation appears, narrowing frequently takes place. Consequently a greater pressure is required to drive the blood through the narrowed and hardened arteries.

A second factor which increases the blood pressure is the thickness of the blood. If there is a system of more or less rigid tubes, much greater pressure on the part of the pumping apparatus is required if the liquid which is to be driven through these tubes is thick. The thicker the blood is, the greater must be the blood pressure in order to force the blood through the body and back to the heart.

Very frequently patients say that they have hardened arteries and a high blood pressure, and that

they have been informed by the doctor that nothing can be done, that the rigid artery walls can in no way be made soft and resilient. That may seem true, but thick blood can be thinned, and in case of need, thinned very rapidly. In the olden days if a man had high blood pressure the physician pulled out his lancet, opened a blood vessel and drew off a large quantity of blood, which as a rule was dark and thick, and therefore difficult to press through the arterial tubes. A certain amount of liquid is needed in the arteries and veins to enable the heart to function. Hence, almost immediately upon the withdrawal of blood, the body replaces the liquid lost by the same amount of water drawn from the tissues. Thus the thick blood is immediately thinned in the same way in which thick gum is thinned, by mixing it with water.

Bleeding is no longer fashionable, although in cases of high blood pressure, caused by thickness of the blood, it is most beneficial. In due course it will again become fashionable.

Profuse bleeding is the quickest way of thinning thick blood. Another method consists in changing the diet of the patient. People with high blood pressure are usually, but not always, overfed and plethoric. They eat large quantities of protein, meat, eggs, cheese, etc., and over-heat the blood still further with coffee, strong tea, alcohol, and irritate the nervous system with tobacco, drugs and so forth. The first thing one must do if one wishes to deal with a case of high blood pressure, especially if there is danger of a stroke, which means the bursting of a calcinated or weakened blood vessel in the brain, producing an effusion of blood, which turns into a clot pressing on the brain, consists in forbidding flesh, fish and fowl, and everything made of them, coffee, strong tea, over-hot liquid, spices, condiments, alcohol, tobacco. The prescriber should give the patient a cooling and blood-thinning diet, with an abundance of raw fruit, fruit juice, salads, with moderate quantities of milk, eggs, cheese, wholemeal bread and so forth.

High blood pressure is produced largely by constipation and auto-intoxication, which naturally lead to

the deterioration of the blood and the body tissues. Constipation is found in the vast majority of cases of high blood pressure. That fault must immediately be dealt with by giving the patient bowel regulation, preferably by non-irritating drugs. The drugs usually given are irritating, and so are the salts. Liquid paraffin is one of the best bowel regulators, combined with large quantities of bran in every form. Deterioration of blood and tissues is, of course, favoured by the refined diet of civilisation. It is unknown among those who live on natural, unrefined, non-putrefactive food, and who take adequate exercise.

Orthodox medicine possesses a number of drugs which are supposed to reduce blood pressure. The reduction of blood pressure by medicinal means is dangerous. It interferes with the natural regulation of the circulation and the effect of these medicines is, of course, only temporary. When their use is stopped, blood pressure rises once more to the former point, and sometimes higher. One can regulate blood pressure satisfactorily only by dealing with the causes producing it.

I have had a number of cases where blood pressure was between 250 and 300, and I have found that the methods described have led in a few weeks to the establishment of a normal or almost normal pressure.

According to the theories which are widely held, calcified arteries cannot possibly be softened. I hesitate to accept that view. Given sufficient time, the quality of the arteries can be greatly improved by the methods used for the reduction of high blood pressure, especially if the indicated homœopathic medicines are employed. At the same time homœopathy has no specifics for any disease or disorder. Each case must be treated on its merits and the medicines must be chosen in accordance with symptoms and constitutional requirements. Amongst the medicines which are used for the specific purpose of reducing the blood pressure are *Baryta*, *Glonoin*, *Aurum*, *Viscum album*.

A curious fact about blood pressure is that nervousness, fear, and other emotions are apt to affect the blood pressure very greatly. A doctor, taking the

blood pressure of a nervous patient, may find that the pressure is abnormally high, say 270. He should not be satisfied with the measurement effected, but should allow for the fact that the patient may be nervous. He should certainly not tell the patient he has a high blood pressure, but rather say: "Your blood pressure is a little high, but after all, everyone has the blood pressure which he needs, and there is nothing to worry about." If, having relieved the anxiety of the patient, he should measure the pressure after, say, half an hour, he may find it reduced from 270 to 240. If he then tells the patient that the previous measurement was not correct, and that the pressure seems to be far lower than he imagined, the patient will be very pleased, and perhaps after another ten or fifteen minutes, if the blood pressure is taken again, it may be discovered that the quicksilver column only goes up to 210 or lower.

CHAPTER XVIII

SEPTICITY AND PYROGEN

DISEASES and disorders are often due to some septic factor or factors. The orthodox doctor or specialist, if he has to deal with an obscure case, conscientiously searches for what is called the "septic focus." In their endeavour to deal with septic foci, orthodox doctors examine more or less carefully the teeth, tonsils, the cavities adjoining the nose, the so-called antrums, the nose itself, and other parts of the body. If there is some obscurity, the orthodox doctor, suspecting septic infection from some centre or other, is apt to order the extraction of numerous teeth, even if they are sound, the extirpation of slightly enlarged tonsils which are often declared to be very septic, although they may be more or less normal, etc.

Unfortunately, such destruction does not always produce favourable results. In numerous cases, patients report that, by doctor's orders, all their teeth were pulled out, their tonsils were cut out, and their antrums were opened up and drained, but that these violent procedures, which gave a great shock to the system and caused considerable expenditure, produced not an improvement but a severe aggravation of the original complaint. Natural teeth are infinitely superior to artificial. The tonsils are organs of elimination, as I have previously shown, and they should never be taken out unless that step is absolutely necessary. As a rule, constitutional treatment will normalise slightly septic tonsils, and the condition of the teeth can be vastly improved by appropriate nutrition, massage of the gums, dentistry, regulation of the bowels and other common-sense means.

Orthodox medicine is undoubtedly correct in its assumption that some obscure septic factor has much to do with obscure diseases or disorders. Unfortun-

ately, septic centres may occur in any part of the body, not only in the mouth, nose and throat, which can relatively easily be examined. There may be septic centres in any organ or tissue, and a complete examination of the body for such septic foci is impossible. Homœopathy has produced a wonderful remedy called "Pyrogen" for dealing with obscure septic conditions.

Homœopathy is based on the principle "Like cures like." Homœopathy fights septicity by septicity. Pyrogen is a scientific preparation of putrid meat or pus which is administered in infinitely small quantity with wonderful results. The orthodox surgeon performs an operation and he observes the greatest care, but, notwithstanding his endeavours, the wound may become infected and then violent measures are taken which may come too late to save the life of the patient. The homœopathic surgeon should administer before an operation a few doses of Pyrogen in an infinitely small quantity, and he will feel confident that either no septic developments will follow, or that septic developments will be exceedingly mild, and a few further doses of Pyrogen or of any other indicated remedy may complete the good work done by the septicity medicine.

I myself have had much experience in the use of Pyrogen, and I have come to the conclusion that it is extremely useful to employ Pyrogen in innumerable cases, especially in cases where there is insufficient reaction or insufficient improvement. If, for instance, patients suffering from tuberculosis, cancer, disseminated sclerosis or any other grave disease improve in a sluggish manner, or do not improve at all, it would seem wise to give a few doses of Pyrogen—I usually give a dose once a week—on the assumption that in a case of tuberculosis there is considerable septicity in the lungs or elsewhere, that the recovery of a cancer patient is delayed by some septicity in or about the growth, etc.

A dose of Pyrogen may have diagnostic value of importance. It may clear up an obscure case infinitely more quickly and more thoroughly than the finest and most up-to-date laboratory tests of orthodox medicine. Mrs. M. W. of S—— was stung by a horse-fly eight

years ago. It had attacked the ankle of the left foot. The left leg swelled enormously, causing violent pain and the collapse of the patient. An orthodox doctor attended, there was danger of death, nurses were employed night and day, the patient recovered in due course, but, ever since, there remained some weakness of a somewhat indefinite kind. Apart from this obscure complaint, there was a definite and considerable swelling of the glands in the left groin, a condition for which orthodoxy has no treatment except excision.

I gave her four doses of Pyrogen in the thousandth potency, and told her to take a dose once a week last thing at night. She took the first dose in the form of three sugar pills moistened with the diluted remedy, and went to bed. In the middle of the night she woke up with a violent pain in the left leg and discovered that she had a swelling about eight inches long by four inches wide in the very place where, eight years previously, the swelling of the leg had been worst. She was amazed at the sudden swelling, and then remembered that she had taken a dose of Pyrogen and naturally attributed it to the medicine. I had told her that if there was some poison left in the system from the insect bite, there might be a flare-up and an aggravation which would be a favourable sign and that it would be followed by steady improvement. In twenty-four hours the swelling had gone down, she took three more doses of Pyrogen with a week's interval between the doses, and there was no further discomfort. Since then she has felt infinitely better in general health, and the swollen glands in the right groin have completely disappeared.

In numerous cases where there is a suspicion of septicity one should employ Pyrogen. I have seen gratifying results in hundreds of cases. It is far cheaper to use a few doses of Pyrogen than to have a set of useful teeth pulled out and artificial ones put in their place. In obscure ear conditions, owing to a septic factor, one may, of course, clear out the ear surgically, but if a few doses of Pyrogen fulfil the same purpose, it is better for the patient to employ

Pyrogen in the first instance. I would almost advise:
“If in doubt, use Pyrogen.”

Unfortunately, Pyrogen is very little used by homœopathic doctors. I feel sure of this because I have made enquiries among the homœopathic chemists about their sales of Pyrogen. I have found Pyrogen of very little use in low potencies such as the 6x, etc. My favourite potencies are from the 200th potency upwards.

CHAPTER XIX

SOME CASES OF DEAFNESS

DEAFNESS is an extremely intractable complaint. One meets hundreds of deaf people who have been treated in vain by numerous doctors and specialists of the highest standing without any result.

The orthodox specialist looks upon disorders of hearing from the purely mechanical point of view. He examines the ear and the adjoining parts of the body with the wonderful instruments which science has developed. He clears out the passages leading from the ear to the mouth, the eustachian tubes, by blowing through, considering that catarrh of the eustachian tubes, which is very frequent, often interferes with hearing. He examines the throat and every surrounding structure with great care, and he often uses X-rays to explore the position, but unfortunately the best attempts often prove disappointing.

It is the glory of homœopathy to succeed where orthodox medicine has failed. Every experienced homœopathic doctor has to his credit many cures of deafness, ear noises, etc., which have proved incurable to orthodox medicine. The homœopathic physician will be all the more successful if he remembers that deafness is not always a local disorder. In accordance with Hahnemann's teaching, he must study the body as a whole as well as the local condition.

Those who wish to cure the deaf should first of all investigate the constitutional needs of the patient. They should regulate the patient's diet, his excretions, etc., remembering that a diet deficient in essential elements may create diseases and disorders in every part of the body, and that auto-intoxication from the bowel may lead to degenerative processes. If a patient has very distinct Sulphur symptoms or Calcarea symptoms or Rhus Tox. symptoms, etc., the treatment

should be commenced with the indicated constitutional remedies. Besides, the local condition should be treated, and the greatest attention should be paid to the inherited factors which may find an outlet in or about the ears. If there is tuberculosis in a patient's family, it will be wise to give him a dose of *Tuberculinum* or *Bacillinum* in a high potency, once a week or less often. If there is sex disease or the suspicion of sex disease, an occasional dose of *Syphilinum*, *Medorrhinum* or *Glinicum* may prove helpful. The condition of the tonsils, of the nasal cavities and of all the surrounding parts should be carefully enquired into. If there are swollen tonsils, they should be treated with *Calcarea Iodata*, *Baryta*, *Lycopodium*, *Lachesis* or whatever medicine is indicated.

Deafness is very frequently due to chronic catarrh. *Homœopathy* has a profusion of remedies for this condition. My favourite remedies for eustachian catarrh are *Kali Bichromicum 3x*, *Kali Iodatum 1x*, *Hydrastis* in various potencies, and a few others. Then there are peculiar symptoms connected with deafness which point to the indicated remedy. Many deaf people hear better in a noise. They hear better in a railway train than in the silence of a church. This peculiar condition calls, as a rule, for *Graphites*.

If the patient complains that he has the feeling as if there were a skin covering the ear, *Verbascum* should be thought of. If the condition is worse in damp weather *Silica*, *Pulsatilla* and *Mercurius* may prove helpful, and *Mercurius* is particularly indicated if there is an unpleasant discharge from the ear, and if there are the well-known mercurial tongue symptoms. If hearing is improved in damp weather and made worse in dry and windy weather, *Causticum* should be tried. *Pulsatilla* is particularly indicated if there is catarrh with a green discharge and if there are other *Pulsatilla* indications such as weepiness, intolerance of fat, etc. Deafness combined with depression, with aggravation at night, frequently calls for *Aurum Iodatum*, roaring noises in the ear suggest *Graphites*, etc.

Apart from the dietetic, constitutional and local

medicinal treatment, certain common-sense measures may prove of value. Whatever the cause of deafness may be, the circulation in and around the ears should be improved by every means, for instance by neck exercises, bending the head forward, backward, sideways, circling the head to the right and left, massaging around the ears, moving the lower jaw from side to side with a motion of chewing the cud, a motion which massages the eustachian tubes; blowing through the nose with the nose closed, which causes the air to be driven into the eustachian tubes, clearing them, etc. If there is a defective distribution of the blood, hot foot baths, or hot hand and arm baths may prove very helpful. The fact that distinguished specialists have pronounced the condition incurable should never deter a homœopathic physician or lay prescriber.

On January 24th, 1935, I was consulted by Mrs. K., who complained of complete deafness of the right ear and almost complete deafness of the left ear, which had been increasing gradually. Mrs. K. was forty-eight years old and her deafness had been discovered forty-four years previously when she was a child of four. There was some indication that the deafness, at least of the completely deaf ear, was due to injury by forceps. The lady looked weak, had much-mended teeth, had always been delicate. She had had scarlet fever badly when fifteen, her tonsils and adenoids were removed when twenty-one, and the deafness was aggravated by bending down, lying on a low pillow, was worst in the morning and improved slightly as the day went on. She had been troubled frequently with nasal catarrh, had severe headaches on the top of the head; her condition was worse in damp weather.

I came to the conclusion that her deafness was principally of a catarrhal nature. I recommended a strengthening diet, and gave her in alternation *Pulsatilla* 1x and *Hydrastis* mother tincture. On January 30th she reported: "I am slightly clearer and hear a little better." I went on with *Pulsatilla* and *Hydrastis* and then gave her a few doses of *Bacillinum* 200 once a week. On February 13th she reported: "My catarrh really is better to-day; I pray my hearing will continue

to improve." On March 6th she wrote: "I have had a very good week, my hearing is marvellously better, I still have buzzing in the ears but not so much."

In view of the fact that there was probably a birth injury, I gave her occasional doses of Arnica 30 and strengthened her constitutionally with Calcarea Phosphorica 3x. On April 24th she wrote: "I am still feeling very well. I think you have quite cured the catarrh and my hearing is much better. I can now carry on a conversation with anybody without that terrible straining to hear. I still have a certain amount of buzzing in my ears but, except in bed, I hardly notice it. I do not think there is any improvement in my right ear. I rely entirely on my left." The left ear continued to improve from week to week. The lady wrote to me on May 9th: "My hearing is much better. I do not think you would know I was deaf at all. The right ear is just the same. I feel and look well."

Some time after the lady visited me. When she first saw me, I had to shout at the top of my voice to make her understand: when I saw her for the second time, on June 7th, I conversed with her in the slightest whisper, and I wrote to her: "I am immensely pleased with your progress. You can understand me clearly now when I whisper from a distance, your nasal catarrh has gone, menstrual discharge is no longer so profuse, and you are better in every respect." The hearing of the right ear was, apparently, completely destroyed, and it never improved. However, the lady can hear with one ear as well as a normal person can hear with both, and she is very happy with that wonderful improvement after forty years of suffering.

On October 8th, 1935, I was visited by Mrs. L., who was forty-five years old and was suffering from a continuous headache which was going on night and day, which gave her a sensation of a band pressing around the head, especially around the forehead, and the pain was like that caused by a rapidly used hammer. She had a chronically relaxed throat, icy hands and feet and a large swelling on the right side of the thyroid, which had been in that condition for months. Besides, she was almost stone deaf in both ears.

I came to the conclusion that her deafness, as that of Mrs. K., was due to chronic catarrh. I gave her the usual head and neck exercises previously described. As there was an inflammatory condition and a Belladonna headache, I gave her Belladonna in a low potency, Sulphur Iodatum 3x because there was a tubercular tendency and distinct symptoms calling for both Sulphur and Iodium, and between meals she was given Kali Bichromicum 3x for her catarrh. A few days after, on October 10th, she wrote, to my amazement: "I am already very much better and in twenty-four hours my headaches are much better, and, although it is only three days since I saw you, the thyroid gland is nearly normal."

I ascribed the wonderful improvement in the lady's condition largely to her optimism and the hope which I had aroused in her, and I declined to take her letter seriously. However, she wrote to me three days later, on October 13th: "It is with the greatest delight that I am able to report a very marked improvement in my hearing. Life already seems to me well worth while. I had lost all interest in most things as it was a continual strain being even with one's relations and hearing them harping on my deafness, and what a strain it was on them to speak to me I have already told you. I had seen four eminent ear specialists and they all told me the same, that my deafness was hereditary and the sooner I made up my mind to buy an ear trumpet the better, as I could never hope to be any better. Is it any wonder that I awaken in the morning and think it must be a dream? No one knows the misery of being deaf but those who have suffered for years as I have, and so few people have any human sympathy. I feel so much better in myself and have had no headaches since the day after I saw you, and I had suffered for years. The blood does not rush to my head and throb every time I stoop."

On October 17th I saw the lady for the second time, and I wrote to her after her visit: "I am most delighted with our interview. You looked distinctly better, muscles feel harder, you look much happier, your nerves are better, hearing has marvellously

improved and for the first time for years you were able to listen to the sermon." Since then I have seen the lady repeatedly and her hearing is apparently normal. I can converse with her in the slightest of whispers at a distance. It has been the quickest cure of deafness, pronounced "incurable" by a number of eminent aurists, which it has been my good fortune to produce.

However serious the condition may be and however long it may have been in existence, the prescriber should not despair and should try his best and he may be rewarded with results which will surprise not only the patient but himself as well.

On April 22nd, 1936, I was visited by Miss W. M. H. of Dorset. She was a hospital nurse, thirty years old, and she came to me complaining about complete deafness in the right ear and very greatly reduced hearing in the left ear. In addition, she had terrible head noises. She looked healthy, attractive, energetic, capable, and had been treated by a number of ear specialists without result. The specialists had not dealt with the constitutional needs of the patient or the constitutional cause of the local defect.

Enquiry elicited the fact that deafness in the right ear had followed a severe attack of measles, which in turn had been followed by a severe attack of pneumonia. The attack of measles and pneumonia had occurred twenty-five years previously, when the patient was five years old. These causative factors had never been regarded by the orthodox practitioners previously consulted. When she was twenty-four years old, she had an attack of scarlet fever, but there was very little rash and there was the possibility that scarlatina poisoning had something to do with her complaint, or at least that it had aggravated it. When she was twenty-six she had another bad attack of measles.

I was interested to learn that her hearing was worse at night and in damp weather, and that she had a feeling as if her ear was blocked by a leaf or membrane, an indication for *Verbascum*, often given in the form of the tincture which is usually called Mullein Oil. She heard better in a noise or in a train. She could not

stand the heat, perspired little except under the arms (distinct sulphur symptoms), she had icy hands, occasionally had catarrh with a green discharge, had been vaccinated several times. The fact that the hearing was better in a noise clearly indicated Graphites.

I gave her Sulphur 6x first and last thing, Graphites 3x between meals, a combination of Ignatia and Carbo Vegetabilis, both in the 3x potency, before meals because her digestion was poor, and she was apt to feel depressed, and every Saturday she was to take a dose of Thuja 200 as a vaccination antidote, and every Wednesday a dose of Morbiliunum 200 as a measles antidote. I gave her, of course, a suitable diet with an abundance of bran. There was some difficulty for her to follow the diet as she was employed in a hospital.

To my joy, she wrote to me on April 30th, after a week's treatment: "The ringing in my ears persists, but is much better in the morning. I have never felt so well since I began nursing, and I am glad to be alive and am practically tireless." I never treat people only for the local trouble, for which they come to me, but endeavour to improve their general health and strength, and normalise their weight. On May 7th, after a fortnight's treatment, she reported: "My general health continues to progress. I am quite sure my hearing is improving. I am still unable to hear words very well. I can now hear many slight noises which I have not heard for months, and can often hear myself speak instead of just having my voice boxed up in my head." On May 11 she wrote: "On Sunday morning I awakened with a very slight ringing, which vanished completely when I got up. There was not the slightest trace of it all Sunday morning. That does not give you any idea of the peace of it after two years of constant noise in the head. I went for a walk and when I came back after being out for one and a half hours, it started very slightly. I took a dose of Graphites 3x and it stopped immediately."

I went on with more or less the same medicines and gave her Mullein Oil to be put into the ear night and morning. On May 19th, after four weeks' treatment, she wrote full of joy: "Ever since I started

nursing, I have been a prey to septic fingers—the slightest scratch being enough to cause weeks of trouble and pain. On Friday, I had all the symptoms of a septic throat, tightness, throbbing, etc. Of course, everyone was very helpful in suggesting hot baths, fomentations and so forth, but I refused. I thought to myself that it was a pity, if, with all my pills and diet, my blood could not do something for me, but if it were worse I would write to you. However, very promptly it vanished, and I have not had the least twinge or throb since.”

Her hearing was not improving as much as I should have liked, and I discovered that both deafness and ear noises were aggravated by her bending down. There was obviously a rush of blood to the head. I endeavoured to counter this by sending her Glonoin 3*x* and Belladonna 3*x*. These two medicines were to be taken first and last thing and she was to change every three days from one medicine to the other, finding out which of the two suited her best. On June 12th she wrote with regard to Belladonna and Glonoin: “The new pills are doing me good. The noises still persist at intervals but are far less piercing in character and are worse at night. My general health is splendid. I am sure that my constipation was due to a great extent to my diet of bread and tea, which is now a matter of the past.”

I continued to give her Belladonna and Glonoin night and morning, which still benefited her, and I gave her also a few doses of Hepar Sulphuris as a blood-clearing medicine, and then gave her once a week Pulsatilla, 200, to antidote the old measles attack, Pulsatilla being a measles specific. She did very well indeed. On June 25th she wrote: “I can tell you this week that there is a definite improvement in my hearing. I do not think I shall ever settle down to orthodox nursing. I shall be wanting to send all my patients to you for sensible treatment.” On July 2nd she wrote: “On Saturday I went blithely off on a six-mile walk after being on duty all day, during which time I had not been off my feet for longer than an hour. That would have been an impossible feat six months ago.”

Obviously her general health and strength had very greatly improved, quite apart from her hearing. One can always at the same time improve a patient's condition constitutionally and locally. As she had done well with Glonoin and Belladonna in a low potency I now gave her Belladonna and Glonoin in the 30th potency, with excellent results. The patient wrote to me on July 9th, after two and a half months' treatment: "My right ear, which had been completely deaf since childhood, is coming to life again! I can hear people's voices quite plainly on that side now, and I can at times really hear people when they turn their heads away from me. So it is not all lip reading nowadays. I have lost my varicose veins except for one small one in my left leg which is practically unnoticeable, and instead of putting off getting up until the last possible minute, I am out of bed and into a cold bath in five minutes, after which I do physical jerks for ten minutes, not for any set purpose, but just from sheer exuberance. I do not think I have sighed since the end of April, and never do these days. I shall never be able to thank you enough for all you are doing for me."

On October 3rd, 1934, I received a letter from Mrs. A. J. of Monmouthshire, in which she told me: "I have been suffering from slight deafness in the left ear for two or three weeks now, and there is a surging sensation, and it also gives me headaches. I have been a long sufferer from catarrh of the throat, more so than the nose. Speaking of catarrh of the nose, I should like to say that I have an awful dryness of the nose, since the deafness has occurred. I lost my voice when I was twelve years of age. I am now twenty-five and I have not naturally regained it since I was placed in a corridor in school at the age I have mentioned. It was such a cold winter's day, and I stood there for about an hour or so. When I was taken back to the class-room I had completely lost my voice. It returned after that in a husky manner, and remained so until I was about fifteen years of age. I again lost it then for about six to twelve months, and I have never had my natural speaking voice since. I am rather anæmic and have cold shivers occasionally. When I

get headaches I generally get them across the eyes. My periods are scanty, with pain at the lower part of the back. I am always four or five days late, sometimes a week. The doctor said my ear trouble was the result of catarrh, and he said if it was not any better by next week I must go into hospital. It may help you to know that I don't like sauces on my food, I almost hate the smell of them. Lemon water to drink upsets my stomach, also spices, savouries and raw apples."

The writer was obviously an intelligent woman. The enumeration of her complaints made it obvious to me that she needed for regulating her periods, Pulsatilla, which at the same time is an excellent medicine for catarrh of the nose and throat. The dryness of the catarrh made it desirable that she should have Kali Bich. as well. Kali Bich. is a wonderful medicine for catarrh of the nose and throat and of the important cavities in connection with the nose. When these are affected by catarrh, get inflamed or filled with pus, then the patient is troubled with headache or faceache.

I immediately sent Mrs. A. J. a little box of pills marked Pulsatilla 3x (catarrh and period regulating), three between meals, and a little box marked Kali Bichromicum 3x (catarrh), three between meals. She was to change every three days from one to the other. On October 8th, after three days' treatment, she wrote: "Before taking Kali Bichromicum 3x my left ear was weeping slightly. Since taking that medicine it has been weeping more severely, also I am getting severer head pains on the left side, and am feeling faint at night between 9 and 10 o'clock. I have a slight irritation of the left ear." The slight aggravation of the discharge suggested to me that possibly the dose was too heavy or the potency too low, and therefore I replied to her that she should reduce the dose.

I had forgotten all about this case when I received a letter on January 15th, 1935, three months after the despatch of the medicines, in which Mrs. A. J. said: "I now wish to make a report of my condition after an extended trial of your remedies. I must state right now that I have derived much benefit by following your instructions. The deafness from which I suffered

with my left ear has completely gone and also the pain on the left side of the head. I am also pleased to say that my period was on time or perhaps a day or two before time. The first day of my period was the most painful, the following days were much easier than before taking your remedies. Perhaps it would be best for me to see you before continuing with your treatment, in view of my anæmic condition. I am very grateful for what you have done for me."

I had forgotten everything about the case when, more than two years after that last letter was received, there came a letter from Mrs. A. J.'s husband dated January 4th, 1937. It stated: "It is quite a long time since my wife received homœopathic treatment from you for her ear trouble, and we are pleased to say this ailment has not inconvenienced her since she discontinued your treatment in the latter part of 1934."

CHAPTER XX

SOME PROSTATE CASES

ON January 24th, 1934, Dr. X. wrote to me: "I have an enlarged prostate. As a medical man myself and a homœopath, I have treated myself in, I am afraid, a somewhat perfunctory manner, but professional colleagues are advising me to have an operation. To this I am very averse for many reasons. Now I should very much like to see you and get your opinion. My age is sixty-four and the chief discomfort is the difficulty of holding the urine more than a couple of hours in the daytime, and the general fear of complete retention." In a subsequent letter he said: "Perhaps the most annoying symptom is an occasional involuntary 'leaking.' But I have the feeling that you are going to save me any operative interference."

On Febraury 2nd, 1934, I was visited by him. He came with his wife. He told me that he had great difficulty in starting, when he wished to empty the bladder, and the difficulty filled him with anguish. He also told me that he was troubled with dribbling. He had been trying a number of homœopathic medicines for his complaint, but they had been quite ineffective. I then asked him about his diet, and he told me that for breakfast he had porridge with cream and milk, and heaps of sugar, half a cup of dandelion coffee, and toast with heaps of butter. For lunch he took large quantities of fat meat, hardly any vegetables or potatoes, pudding, but nothing to drink. At four o'clock he took a small cup of tea, and in the evening he had an egg, fish, or something of the kind, and cheese, but again nothing to drink. Before going to bed he took a glass of distilled water.

After having described his dietary to me, I looked hard at him and asked: "Are you not ashamed of yourself. eating and drinking as you do? Would you

allow any of your patients to feed as you feed?" He humbly said that he would not.

In my directions I stated: "You are nervy, and bolt your food. Your prostate has not the slightest indication of malignancy, being slightly enlarged, firm, and in much better condition than the prostates which one usually sees. There is no pain on pressure, and I do not see the slightest need for an operation. The condition ought to clear up promptly, provided you leave yourself entirely in my hands, and follow my directions as closely as would any ordinary patient. I take it that your trouble is entirely due to your most unsuitable nutrition, which is undoubtedly responsible for your rheumatic developments, and for your bad septic throats three years ago which led to something like an attack of angina. You live on concentrated, heating and irritating food, and have been taking large quantities of flesh, fish and fowl, a few vegetables and practically no liquid. Consequently you are and always have been terribly constipated. Stools consist of little hard balls and you effect a daily clearance with wash-outs. Almost the only liquid you consume you take by way of the bowel, and if you go on like this, there is bound to be disaster. On the other hand, I feel confident that you will become a young man again if you alter your way of life."

I gave him a fleshless and fishless diet, which is strongly indicated in all cases of constipation. He was to take from two or three pints of milk, two to three eggs, in some form or other, nine heaped tablespoonfuls of bran, an abundance of raw fruit, salads, six tumblerfuls of water or other liquid, in addition to large quantities of extremely weak tea. He was enjoined to chew everything thoroughly.

As he took quantities of condiments, and especially salt, he was forbidden condiments, except salt, which he was to take in the minimum quantity. I started medicinal treatment by giving him Sulphur 6x, a dose morning and night, Nux Vomica and Carbo Vegetabilis combined in the 6x potency, to be taken three times a day before meals, and Aurum Iodatum 6x, a dose twice a day between meals, to reduce the prostate.

Dr. X. promised to follow my directions implicitly, and to act like an ordinary patient. A few days later he wrote to me: "A week of your diet has already begun to make me feel better, and the assurance you have given me to put out of my head the idea of an operation has begun to have effect. I hope to give you a more satisfactory report as to the constipation before long."

On February 13th, ten days after treatment started, he wrote: "In spite of a very heavy cold I have contracted, I feel much better and have made up my mind to give up permanently all animal food, in spite of the gloomy prognostications of one's friends! I have gained one and a half pounds in weight, and what is perhaps more to the point, I am beginning to forget that I have a prostate."

I continued medication as before, as he was doing so well. On February 17th his wife wrote to me: "My husband was very much better last week, but unfortunately a severe cold set him back somewhat. His constipation is very much better."

On February 21st his wife reported: "The liquid intake is perhaps the greatest difficulty as he finds it difficult on his rounds. He has been taking about three and a half pints of fluid in the day. His bowels have been wonderfully better, two actions a day, and he never remembers this before."

Medication was continued without change. On February 26th the patient wrote to me: "I feel very much better and have lost that tired feeling I used to get, always wanting to sleep after my meal. Bowels are acting twice and very often three times a day now (I never had such a thing in my life before), and I do not think the urine troubles me so much in spite of the increased intake of fluid. I am taking and begin to like nettle tea, which you prescribed for me." On March 18th his wife wrote me: "My husband's prostate is doing well."

I gave him now Pulsatilla 3x and Pulsatilla 1x in alternation, because he complained about dribbling, and Pulsatilla is an excellent prostate medicine, especially if there is pain. As he complained about rheu-

matism, I gave him also some Rhus Tox. 3x, which was obviously indicated. On March 25th his wife wrote:

"My husband is very much better as regards his throat. Comparing his condition now with what it was when he first came to you on February 2nd, I can honestly say, and he bears me out, that he is very much better. Operation on the prostate is now not thought of, and, except for this cold or, as we have thought, mild influenza, he has been much better. But there is still difficulty about the bladder. If he leaves it too long and if he gets nervous he will not be able to relieve himself, and there is great difficulty in starting, but he admits nervousness is the great cause."

Dr. X. continued to improve, and his letters became few and far between. On June 9th, four months after treatment was started, Dr. X. wrote: "The prostate, I am glad to say, does not now worry me. I can hold my water better, and dribbling is somewhat better." On June 26th he wrote: "The prostate does not trouble me and I can hold my water better."

In mid-February, 1937, when two and a half years had gone by, I asked him by letter how he was getting on, and on February 22nd, 1937, he wrote: "My prostate does not worry me at night, and the thought of any operation has gone. What I have to be careful of is not to hold my water too long, because if I do I get a sort of cramp and have visions of a catheter! But I am decidedly better."

Dr. X., like many doctors and specialists whom I have treated, followed my directions rather casually. He reported to me if he felt like it, or asked his wife to report on his behalf, forgot to take his medicines, altered the diet in accordance with his own ideas or desires, and gave up treatment far too early. However, he escaped an operation, which might have been unsuccessful, as he was extremely nervous and timorous and had a low resistance.

On October 12th, 1934, I saw by appointment a Mr. A. H., a Chartered Accountant, sixty years old, happily married, who complained about difficulty of urination, which had been increasing from year to year. As usual, when the trouble became somewhat accentuated

and worrying, he visited a doctor, and was told that he had an enlarged prostate for which there was no treatment except operation.

The patient was a well-built, tall, strong, healthy man, slightly stout, who had been in excellent health all his life. For decades he had never missed a day's work through illness. He had had poor, soft teeth from the start, and had only artificial ones. He came from excellent stock. His father died when eighty. Curiously enough his father had to use a catheter for ten years, which suggested that he had been affected with the same trouble.

His mother died when seventy-eight. Mr. A. H. was a total abstainer and non-smoker, he had an excellent digestion, and he was well satisfied with the functioning of his bowels, but as his motions were dark-coloured it was obvious that there was delay in the bowel. Years before he had been very constipated. There was a rheumatic tendency in the family, and he complained of rheumatism. Aluminium cooking utensils were used in the kitchen. He had been living on a demineralised and devitaminised diet, took very strong tea and far too little liquid. There were obviously some dietetic faults which required correction.

It stands to reason that if a man takes heating foods, strong tea and insufficient liquid, his urine is likely to be far more concentrated and irritating than if he took bland food and plenty of liquid. Possibly the use of aluminium and his rheumatic tendency had something to do with the swelling of the prostate. He had had no venereal disease. I gave him a diet very rich in vitamins and mineral elements, with an abundance of bran, two to three eggs instead of flesh, fish or fowl, two to three ounces of mild cheese and an abundance of vegetables, salads, fruit and potatoes, daily, and I told him to take plenty of liquid. He was to take parsley decoction, parsley being an excellent remedy for bladder and kidney troubles. There was prompt improvement. On October 28th he wrote: "I am taking bran, and have no constipation, but rather the reverse. I may just mention that I have a touch of

sciatica under the left hip, also rheumatic swelling and pain in the thumb-joint of the left hand."

Very frequently the right medicine produces an aggravation followed by improvement. I had given the patient Sulphur 6x, a dose first and last thing, and Aurum Iodatum 6x, for reducing the prostate, a dose twice a day, between meals. After a few days I replaced Aurum Iodatum 6x by Aurum Iodatum 4x. On November 4th Mr. A. H. wrote:

"The last few days there has on the whole been a less frequent demand for urination, and the flow has seemed to come more freely. I think there is less irritability, as I have no scalding pain before relief, as was sometimes the case previously. On one night I was not disturbed until 5.30, which is an improvement on the usual time of 2.30 or 3 o'clock. I continue to take the parsley decoction, and to drink as much as possible, also to go without meat and eat as much as possible in the way of vegetables and fresh raw fruit. I think I get less tired at the end of the day's work than formerly. The rheumatic condition is much as it has been for some years past."

I continued the medicines as before as he had been doing well. The next report stated:

"The improvement mentioned in my last report has continued on the whole. On one or two mornings I have had rather urgent and frequent calls, lessening in frequency in the afternoon and evening. This is perhaps due to the fact that my largest intake of liquid is in the morning when I drink a good deal of the parsley water. On Thursday and Friday I had two quite normal days, with long intervals and no sense of urgency. To-day, Saturday, as a possible reaction, I have had rather frequent and copious urination. The last two or three days I have had a slight cold in the head."

People with bladder or prostate trouble have to be very careful not to catch colds and chills, which very frequently affect the bladder unfavourably. Obviously the patient had a slight aggravation of the bladder trouble owing to the cold he had contracted. On November 17th, Mr. A. H. wrote:

"I am happy to report that I have had a more com-

fortable and normal week than I have known for many months past. I am more thirsty and drink lots of water, without any sudden urgency, and with definitely longer periods. I am very greatly indebted to you for your help."

After a little time I found it advisable to change medication. The first combination had apparently done all the good it could do and I therefore sent Sabal Serrulata mother tincture, ten drops to be taken night and morning, and as he complained of rheumatism relieved by movement, I sent him Rhus Tox. 3x, a dose to be taken between meals. The patient's condition improved steadily. On January 6th, he reported: "Urination has not been so frequent. The bladder capacity is from eight to ten ounces." He wished to know whether I approved of electrical treatment, and I told him that I did not care for it.

On January 20th he wrote: "I have only occasionally a sense of urgency, and intervals are definitely longer without distress. The sciatica is less troublesome and is not so persistent. I am well in myself, and am sleeping better." On February 3rd I received another letter, saying: "Since my first interview the bladder condition has definitely improved as regards freedom from pain and scalding; also the intervals are longer, and there is much less sense of urgency. The sciatica is certainly less in evidence though still 'there' at times. In a fortnight's time he reported again: "I am well, and less tired in the evenings, waking once in the night, and otherwise sleeping pretty well. I have no discomfort when passing water, nor any sense of urgency."

He felt so well that he wrote to me less and less frequently, and finally gave up altogether. Two and a half years after he came to me first, he wrote to me that there was no alteration for the worse in the bladder condition.

On June 23rd, 1933, Mr. L. G. of D. wrote: "I have an enlarged prostate gland. I am 71 years old and I do not want to be operated upon. My general health is very good. I am troubled with my water. I have to wait before it will start and run at all, especially when

I wake after being asleep about two hours. If I oversleep and go for four hours, when emptying my bladder I am generally troubled. I cannot very well travel by train or motor for hours, and therefore cannot visit you because I should then have little chance of emptying my bladder."

In a subsequent letter Mr. L. G. wrote: "I have had the enlarged prostate for ten years. My doctor says that he could have it taken away by operation, but as two of my friends did not survive that operation I do not feel like taking the risk, especially as the greater part of my income is a pension which my wife would lose if I should die first."

On June 28th, 1933, I wrote to him asking him for full details regarding his diet and condition of bowel, whether he had had gonorrhoea, etc., and concluded my letter with the words: "I would advise you to keep your bowels open by taking one or two tablespoonfuls of liquid paraffin three times a day before meals, and to live on a diet from which flesh, fish, fowl and everything made of them, condiments, including salt, alcohol and tobacco, are strictly eliminated. You can take any quantity of the weakest of weak China tea, half milk, if you like, and parsley tea, which is excellent for the bladder." I gave him Sulphur 6x, a dose to be taken night and morning.

On June 27th Mr. L. G. told me that he had never had gonorrhoea, had never been laid up and had no idea of the cause of the enlargement of the gland. He took much meat, had been constipated all his life and took considerable quantities of Cascara. Cascara, while clearing the bowel, produces considerable irritation, which, conceivably, may affect the prostate. I have no doubt that heating foods like meat, fish, fowl, condiments, strong coffee and strong tea are very unfavourable to the prostate.

After some considerable time I had all the information I required. On July 17th I had all the necessary facts and I sent him my directions in which I told him:

"Your diet should be cooling, and you will do well to take plenty of liquid because otherwise concentrated strong urine will irritate the gland, and keep it large

or make it larger." I recommended him to have three motions a day, with the help of liquid paraffin, to take an abundance of bran and to live on a diet of wholemeal bread and milk, extremely weak China tea with plenty of milk, an abundance of raw juicy fruit, salads, dressed with oil and lemon-juice, vegetables boiled without salt or soda, potatoes boiled or baked in their skins, meagre egg or egg and cheese dishes, etc.

He was to take Sulphur 6x, first and last thing, in alternation with Silica 12x. As the gland was hard Silica was obviously indicated.

On July 18th Mr. L. G. wrote: "I am pleased to say that I am already a lot better for following your advice. In fact I have only had one bad bout during the last fortnight, and that was probably my own fault. I am decidedly better." On July 23rd he wrote: "I am keeping wonderfully better, have no more trouble whatever and I have a distinct feeling that the gland is reduced." On August 1st he wrote: "I am better than I have been for years. I have no stoppage of urine at all and very little pain. However, I cannot yet sit through a full church service, but have to go out to empty my bladder or suffer and take the risk of being unable to empty it. I think I am cured."

I then informed Mr. L. G. that he was by no means cured and that an enlarged prostate does not shrink as quickly as he imagined, that he would have to continue the treatment for some time. I then sent him Aurum Iodatum 6x, a tablet to be taken three times a day. On February 23rd, 1934, he wrote: "I am sure you will be pleased to hear I have kept on the whole well." On February 26th he wrote: "I am no doubt a lot better than when I wrote to you first, and I have followed your advice as regards diet. I now have but little trouble." I sent Aurum Iodatum 6x, and he wrote on March 8th, 1934: "You will be pleased to hear that I am much better, I have had very little occasion to wait for the flow to start at night-time. Formerly I had to get up every two hours, but a few nights ago I slept over five hours and was agreeably surprised to find that notwithstanding this the urine came easily." On March 22nd my patient wrote: "The other night I

slept for six hours at a stretch without having to get up. I have carefully followed your diet and take plenty of milk, wholemeal bread, eggs, and drink on an average three glasses of water between meals, besides the parsley tea."

As he was progressing rather slowly while taking Aurum Iodatum 6x, I sent him on April 4th, 1934, Aurum Iodatum 4x, and he reacted favourably. In letter after letter he assured me that, instead of waking up every two hours at night in order to empty his bladder, he was able to sleep five hours at a stretch and that the urine flowed easily without any waiting. On May 3rd, 1934, he wrote: "I am better now than I have been for years." On June 7th he wrote: "I am thankful to be able to report good progress. I feel younger than I have felt for years. I feel so grateful to you for getting my health better for I seemed to have little to look forward to when I wrote to you first. When my doctor said there was no treatment for my trouble except operation, I felt that that would end my life. Yesterday I met an old friend who said that I was getting younger and younger."

On July 30th, 1934, I recommended nettle tea for his bladder irritation, and he took it steadily with good results. Shortly afterwards our correspondence came to an end as he considered himself cured.

More than a year after, on November 28th, 1935, he wrote: "I feel I must write and tell you how very grateful I feel to you for your advice and medicine. I wrote to you first when I was so troubled with an enlarged prostate gland. I seem to have little or no trouble now, but I still adhere to the diet you advised me to take. I am delighted to let you know that I have had no stoppage of urine since I finished with you and I still have untouched the last box of small white tablets. What makes me feel I must write to you is this. I have lost only this week another old friend of mine. He was suddenly afflicted by stoppage of the urine and the doctor said that nothing could be done except an operation. He was operated upon and next morning he was dead. He had been a strong healthy man and was 65 years old."

CHAPTER XXI

SOME EYE CASES

A CASE OF ULCERS ON THE EYEBALL

ON January 15th, 1935, I was visited by a Mr. G. H. R. J., a young man of 23, who complained about ulcers on the eyeball. This painful and horrible affliction had pursued him for many years. When he was 13 an ulcer developed on the ball of the right eye in front of the pupil, and ever since ulcers had kept on appearing on both eyes. He had gone to specialists and eye hospitals, and they had looked at his eye and cut away the ulcers in the usual way.

As the trouble was obviously not local but constitutional these ulcers kept on appearing. His left eye was bandaged because there was a big ulcer on the eyeball and the white of the eye was swollen and inflamed. I did not even ask him to take off the bandage but merely interrogated him. I discovered that his mother had had consumption and had been twice to a sanatorium. The young man himself looked healthy and strong, and was well made, but had had a significant health history. When he was five years old he had measles. The disease had affected the eyes so badly that he lost his sight completely and was blind for a fortnight. Then his vision returned. From the age of 13 there had been recurring attacks of ulcers. The trouble had been going on for ten years. He could not see very well because in front of the pupils there were scars left from the ulcers and operations. Quite recently he had been told once more that there was nothing for the disease except further operations.

I started the young man on Sulphur 6x night and morning, gave him Belladonna 3x for the inflammation of the eyes and caused him to take every Thursday

last thing at night a dose of Morbiliunum 200 for measles, and last thing on Mondays a dose of Tuberculinum 200 for his possible tubercular inheritance.

On February 27th the young man visited me again. There was little improvement about the eye as yet, but he felt much better in general health, a very important point, and had gained 6 or 7 pounds in weight. I like to improve the general health of patients before dealing with the local condition complained of. The local trouble is more easily eliminated when the body is in better order. I now changed medication and gave him Calcarea Carbonica 3x and Mercurious Corrosivus 3x in alternation, and then tried Arsenicum 3x and Kali Bichromicum 3x. All these medicines are suitable for ulceration and he was to find out by trial and error which of them suited him best.

Henceforth his eyes improved rapidly and splendidly. He discovered that Calcarea Carbonica and Arsenicum suited him best, and he concentrated on those two remedies, taking them in alternation. The inflammation disappeared from the stricken eye. The whites of his eyes no longer looked jaundiced but became pure white, his eyes looked brighter, his hair glossier, his complexion clearer, he felt in better health than ever before and went about without the huge protective pad over his left eye which he had worn previously. It was now high time to act on the scar-tissue, which impeded the sight of both eyes, for the scars were in front of the pupils. I therefore gave him Silica 200, a dose to be taken once a week. He started on Silica on March 26th, and the scars in front of both eyes rapidly became less. That could be seen by himself because the dark spot in front of his eyes became lighter and smaller, and his people noticed a diminution in the size of the scars with the naked eye.

His oculist had discovered with the help of the ophthalmoscope that there was a clot of blood at the back of the eye. He was therefore given Arnica 3x and Melilotus 1x to dissolve it, and later on he was given Ferrum Phosphoricum 2x as a tonic. When I saw him last in May, 1935, he looked a completely different being. He had put on a stone, looked in mag-

nificent physical condition, his eyes looked absolutely normal and had definitely improved, and he was full of happiness at having escaped further operations.

Blindness, Deafness, Giddiness, Headache.

On February 28th, 1936, I was visited by a Mrs. H. F., who lives in one of the suburbs of London. She is the wife of a retired railway servant. Her father had died of tuberculosis at the age of 44, her mother of heart disease when 73. The parents had a number of children, two of whom had died of heart disease, and another child, a sister of the patient, had cataract, which had been operated upon, but the operation was a failure and she was completely blind.

Mrs. H. F. came to me in great distress. Her eyes had given way. She had become blind in the left eye, had been to Moorfields Hospital after being treated by other people, and had been informed that her blindness was due to a clot of blood. Apparently the clot had diminished slightly because, with the stricken eye, she could distinguish light from darkness. I cheered her up as well as I could by telling her that as there had been some improvement in her condition, there was every reason to hope for further improvement.

Unfortunately the eye trouble was not her only complaint. She looked in very poor general health, she had a dreadful complexion, only a few natural teeth, the gums had receded badly, and every two or three weeks she had violent attacks of sickness and vomiting. She also suffered from giddiness which was improved by vomiting. The giddiness was most noticeable when she lay down in bed. She did not perspire at all, had hot feet in bed, had very offensive motions and urine, and, last but not least, she was not only going blind in the left eye but her left ear was almost completely deaf, and she had violent throbbing pain in the head and neck, particularly when lying in bed. Her sleep was poor, limbs cracked on motion, she felt best in the open air, could not digest fat, had dreams of falling, had pain under both shoulder-blades, black specks before the eyes and clammy feet.

Her appearance and her numerous complaints made

it quite obvious to me that the eye trouble was by no means a local trouble but was due to grave constitutional derangements consequent upon faulty living. The fact that both her left eye and her left ear had been affected pointed to the possibility of oozing of blood into the brain, affecting both the organs of hearing and sight. All her symptoms made it obvious that she was a victim of arteriosclerosis. The foulness of her motions and urine pointed to the fact that there was intestinal putrefaction, which needed dietetic reform. Yet the various doctors and specialists and the authorities at Moorfields had not enquired into her diet nor had they given her any helpful suggestions.

I put her immediately on a diet from which flesh, fish, fowl and everything made of them were excluded, she was to take no coffee or strong tea, which she had previously drunk, and only the minimum of condiments and spices. No aluminium cooking utensils were to be used. She was to take an abundance of water and raw fruit and salad, etc. For medicines she received Sulphur 3x first and last thing, which was called for by the over-heated condition of her body, and a combination of Ignatia and Carbo Vegetabilis for her digestion and depression and as a tonic, to be taken before meals. She was given Rhus Tox. 3x between meals for her rheumatic diathesis, and a dose of Syphilinum 200 once a week.

On March 6th, a week after her visit, she wrote: "I am pleased to say that I am feeling better. I am sleeping better, and the pains in head and neck are much easier. Also my joints are much looser."

Medication was continued unchanged, and the next weekly report, written on March 14th, stated: "I am pleased to say that I am still progressing. I feel better in myself but still have much throbbing in the left ear. The eye is not clearing at all."

The report of March 21st was: "I am feeling better, the throbbing is easing a little, I feel better in myself."

I now gave her Baryta Carbonica which is an excellent remedy for arteriosclerosis in the 3x potency, to be taken first and last thing.

On March 28th the lady wrote: "I am pleased to

say that I am feeling much better. I enjoy the diet and quite look forward to my meals. I am feeling better in every way."

The following week, the report, written on April 6th, stated: "I am certainly much better," and then came a report which told me, to my joy: "The eye is slightly better. I have had no vomiting since I have been under your treatment. I do not perspire at all and do not have any giddiness. The ear still throbs but not so violently."

On April 18th, after seven weeks' treatment, came a letter: "I am pleased to say that I am absolutely fit. The throbbing has practically gone, I had a slight attack of giddiness last Monday which passed quickly. I have had no vomiting at all. The symptoms I complained of seem almost a thing of the past. I am making progress in every way, I enjoy the diet." Considering herself cured, I did not hear from her again.

A Case of Glaucoma.

On November 5th, 1934, I was visited by Mrs. V. R. She was 71 years of old, happily married and had come to me complaining about glaucoma in both eyes, particularly in the right eye, which had started two years previously. This trouble had become worse and worse, and was accompanied by severe pain. In addition the lady suffered from a terrible pain in the right side of the mouth and the right jaw. When these attacks came on, the mouth felt paralysed, and she had the greatest difficulty in speaking, and the pain spread from the mouth to the eyes, nose, and over the whole face. On the tongue she had a nasty dark hard swelling which alarmed me.

The lady, who had consulted a number of doctors and specialists, among them two homœopathic doctors, had been told by all of them that there was nothing for that trouble but an operation. She was reluctant to have her eyes operated upon and so she came to me. An operation for glaucoma is not without risk. One of my patients was operated upon for glaucoma. The surgeon was clumsy or was unfortunate; anyway, the

healthy eye was so gravely injured that the sight was lost.

Mrs. V. R. looked deeply depressed and thoroughly unwholesome. She was deeply jaundiced, her eyes were without lustre and the eyeballs had the typical hardness and were burning hot. For some reason or other which I do not understand, and which probably no specialist understands, there is in glaucoma a considerable flow of blood into the eyeballs, producing congestion and pain and interfering with sight. She looked a typical victim of constipation and auto-intoxication.

The doctors and specialists had examined her eyes. I did not examine the eyes at all. Their condition was perfectly obvious to me from what the patient had said, and investigation of the local mischief would have been absolutely useless to her. So I asked her immediately about the condition of her bowels.

The lady told me that about forty years previously, after child-birth, there was considerable sagging of the abdominal organs, and that ever since she had been terribly constipated. She produced, as a rule, a single motion a week, by means of a strong soap enema. On one day a week she had an artificially produced motion, and for six days she was constipated and absorbed the foulest putrefactive material from her bowel. It seems incredible that a woman who was well to do had been allowed to go about for decades in this condition.

I wrote in my directions: "It seems to me incredible that your previous doctors have not dealt with this factor. You were told by your physicians that nothing could be done for your glaucoma except operation. As, in my opinion, the trouble emanates from the bowel, energetic bowel regulation is the first and most important need."

In view of her internal foulness I forbade all putrefactive foods, flesh, fish and fowl in any form, etc., and gave her an abundance of fruit, vegetables, salads and other raw stuff, large quantities of bran in the form of bran porridge and bran pudding, three times daily, and large quantities of liquids between meals to wash out her foul system. Further, I recommended her to

counteract the congestion in and about the eyeballs by hot hand and arm baths, hot foot baths, hot applications at the back of the neck, etc. Furthermore, I wished her to relieve the pressure on the eyes, not by cold applications, which are a mistake when there is congestion, but by hot applications to the eyeballs as well. As she got hot feet in bed and had all the other symptoms of Sulphur, I gave her Sulphur 3x, first and last thing, Colocynthis 3x, for her eye pain, in alternation with Spigelia 1x and Onosmodium 1x, and she was to find out which of these three medicines suited her best.

Improvement occurred almost instantaneously. Instead of having three or four bowel motions a month, she soon learned to have three or four motions a day, and she has remained absolutely regular ever since, and looks, of course, a completely different woman. The violent pain about her eyes rapidly disappeared, and gave place to relative comfort. On November 15th I was visited by her husband, who reported to me on her condition, and I wrote to her:

"I have just seen your husband, and I am extremely satisfied with you, at least in part. Your husband tells me, to my delight, that your age-old constipation has completely vanished, and, as it is at the bottom of your eye trouble and various other troubles, this change is an immense improvement. . . Your husband is under the impression that there is a considerable constitutional improvement, and a distinct improvement in the vision of the left eye. Unfortunately there is still much pain, relieved by heat. I must try immediately to give you relief from those pains. Put your hands up to the elbows frequently in hot water, to draw the blood away from the head and eyes. If this relieves you, as I hope it will, continue with it, being guided by your impression. Poultice your eyes, either with plain hot water, or better, with very strong black Indian tea, and try also poulticing with the leaves of Indian tea in a muslin bag, and selecting which form of poulticing does you most good, being guided once more by your sensations."

On the next day I saw the lady, and I wrote to her:

"I was more than pleased with your appearance. You have a much better colour, clearer eyes, can see better with the left eye, pain is much improved, bowel action is vastly better, but is not as good as it ought to be, and I want you to increase paraffin and liquorice powder as necessary, to clear you out thoroughly, because the whole trouble, including the eye condition, is principally due to auto-intoxication from the bowel. I was amazed to find that the tongue has cleared up and that the swelling is much smaller and softer. You have worked a miracle, and you must disregard occasional set-backs and attacks of pain, which I hope will permanently disappear before long under my treatment."

Mrs. V. R. did well and after a time I lost sight of her. I have had numerous cases of glaucoma, and in most cases prompt improvement, or complete cure can be secured by regulating the bowels, with the help of liquid paraffin, or some other innocent regulator, and by a cooling, non-putrefactive diet, combined with the indicated homœopathic remedies.

CHAPTER XXII

HOW TO TREAT SKIN DISEASE

A CASE OF PSORIASIS

DISEASES of the skin are extremely numerous, varied and intractable. One meets people who have had eruptions for twenty, thirty and forty years. There are old men and women with ulcerated legs from which they have suffered for decades. Skin sufferers go from doctor to doctor, from specialist to specialist, from health resort to health resort, and frequently give up in the end.

I read a joke in an American medical paper. A young doctor asked his experienced uncle: "Uncle, what speciality ought I to embark upon?"—"Become a skin specialist, my boy, a skin specialist. The work is not very appetising but it pays well. Your patients will never disturb you in your sleep and they will not even disturb you at a meal, they will never die, and, above all, they will never get well."

If one looks through the standard volumes on gynæcology one finds that they are filled with practically nothing but operations. If one glances through the standard volumes on dermatology one finds that practically the only treatments described are outward treatments by means of poisonous ointments, washes and other applications. The skilful homœopath will rarely advise operations in women's diseases and will still more rarely prescribe poisonous disinfectants outwardly applied in the case of skin troubles. Most skin diseases are not diseases *of the skin*, but they are constitutional diseases which manifest themselves in the skin and try to produce an outlet for the disease matter by way of the skin, the skin acting as a kind of safety valve.

It is dangerous to stop the safety valve of an over-

charged boiler; it might explode. It is equally dangerous to stop the outlet of a disease which seeks an outlet through the skin by driving the disease back into the body by means of poisonous disinfectant ointments, washes, etc. They produce healing of the skin to the danger of the body as a whole.

The fact that a skin eruption is a healing process of nature is perfectly obvious. A child is down with measles, scarlet fever, or some other eruptive disorder and the experienced doctor, on seeing the little patient, will shake his head and say: "The child is in a dangerous condition because there is no proper eruption." If, on the other hand, there is a vigorous eruption which alarms the inexperienced mother, the doctor will feel happy and will tell the mother that the child is going on splendidly and that the danger is past. Many people in a dying condition are saved in the last moment by a critical sweat, by a healing sweat which restores them. Ignorant interference with skin disease drives the disease in. That was frequently pointed out by the great doctors of the past, among them Hahnemann himself.

In my experience the vast majority of skin diseases, practically all skin diseases, are not local but systemic. Hence they ought to be treated constitutionally. No skin disease can be cured by giving it a Latin name and prescribing sulphur ointment, mercury ointment, etc. In many cases skin diseases are caused by constipation, mal-digestion, faulty feeding, etc. Frequently bowel regulation and the adoption of a vegetarian diet suffice to cure a skin disease which has resisted the best attempts of the specialists.

In other instances skin diseases are an expression of some constitutional disorder. Men frequently suffer from skin disease when constipated, while women are plagued with blotches, pimples and other disorders if menstruation is insufficient, irregular or delayed. In many cases skin diseases are due to an old infection, to measles in childhood, where there has been an insufficient eruption, to vaccinal poisoning, possibly decades old, to actual or inherited rheumatism, gout, tuberculosis or other disease.

Some years ago a young woman came to me complaining about pimples on the chin. They were very disfiguring and they had resisted the best endeavours of several Harley Street specialists. Enquiry elicited the fact that the young woman suffered seriously at menstrual times, she fainted with the pain, and had to go to bed for a week. Menstruation was regulated with the indicated homœopathic remedies, not the slightest attention was given to the pimples on the chin, and these disappeared when menstruation had become regular.

A lady, thirty years old, of magnificent physique, came to me complaining about very disfiguring large bluish lumps on both cheeks which were filled with pus. A large number of doctors and specialists had treated her in vain. Careful enquiry elicited the fact that there was a chest weakness in the family but the patient showed no indication of tuberculosis. Although orthodox medicine had denied that there was a tubercular basis to the inveterate and most disfiguring lumps, she was given *Bacillinum* 200 once a week and a few other remedies suitable for tuberculosis, and in a relatively short time the trouble cleared up. If the skin specialists previously consulted had succeeded in closing the outlet of the disease by way of the skin, tuberculosis in the lungs might have appeared.

It frequently happens that as soon as an eruption has been driven in the patient begins to complain about serious disorders elsewhere. A driven-in skin disease frequently produces extremely serious consequences in the organs of digestion, in the lungs, the heart, etc.

Twenty years ago a healthy and strong mother in Wales had a magnificent baby who weighed 12 lb. at birth. The child was vaccinated, an eruption appeared at the place where vaccination had been done and then spread all over the body. Local doctors were unable to cure this skin disease by which the outraged body tried to drive out the vaccinal poison. The little mite was taken to an eminent specialist who prescribed a powerful ointment. The skin disease disappeared promptly and permanently in a few weeks, but immediately afterwards the poor little thing developed the

most atrocious form of asthma which proved incurable. She was taken from specialist to specialist, but all their endeavours were in vain. When I saw the sufferer she was 20 years old, her spine had become deeply curved, her chest had become completely distorted, her heart was in a terrible condition. That was the result of the cure of her skin disease.

Instances like this might be multiplied *ad infinitum*. The outward treatment of internal disease which seeks an outlet by way of the skin is a terrible mistake, and unfortunately the orthodox treatment of skin disease consists of outward treatment, to the great harm of the patients.

Psoriasis is a skin disease. It is extremely frequent. It is considered incurable by the medical profession, and is frequently described as incurable in the textbooks.

The treatment of Psoriasis is similar to that of most other skin diseases. Suppression of skin diseases frequently leads to disaster. I have described in the chapter, "A Very Bad Case of Tuberculosis," the case of Miss W., who almost died of tuberculosis of the abdomen when she was 17. Many years previously she had had Psoriasis. She was vigorously treated with ointments, the disease was apparently driven in, and this probably led to tuberculosis. I have seen numerous cases in which suppression of skin disease has led to asthma, heart disease and death.

I have come to the conviction that Psoriasis is, as a rule, associated with tuberculosis. In the case of Miss W., suppression of Psoriasis was followed by the formation of an enormous mass of tuberculosis glands in the right side of the abdomen. I have come to the conclusion that almost every case of Psoriasis should be treated as actual Tuberculosis. Before going any further, I would mention that Psoriasis is a dry skin disease. The skin forms innumerable flakes which drop off. When an individual suffering from Psoriasis takes off his clothes, one may have to sweep up a handful of scales. When the scales have dropped off, there are disclosed unsightly red patches. Occasionally there is terrible itching. In other cases there are

horrible disfiguring patches of many colours, which disgust those who see them. People affected with Psoriasis do not dare to go into a public bath, or a Turkish bath, or to swim at the seaside. They feel like outcasts. That condition is, of course, very depressing. Occasionally Psoriasis disappears of itself. Occasionally it can be cured by a strict vegetarian diet. Outer applications lead to the temporary disappearance of the disorder, which returns with increased virulence as soon as the poisonous ointments are left off.

On the 5th January, 1937, I was visited by Mr. L., a well-to-do bookseller, 41 years old, who lived in Hertfordshire. He was happily married, had a healthy child, and came from healthy stock. He had a mental shock at the age of 16, he had a heavy fall, bent a bone badly, which was straightened out by the doctor, and afterwards he was attacked by Psoriasis. Probably the skin disease did not break out owing to the fall, but there was merely a coincidence in its following the fall.

Mr. L. was a nervous man of extreme thinness. He weighed only 8 st. 9½ lbs., he had incredibly thin arms and legs, and still more incredibly thin and soft bones. He had bones like a child, and the bones bent easily. He had weak teeth. His eruption was of the usual scaly type, brilliantly red, and the question arose as to the cause of the disease from which he had suffered during exactly 25 years. Of course he had been treated by numerous doctors and specialists with the usual negative result. Obviously there was something wrong in his condition, apart from his thinness and weakness of bones. He had been vaccinated as a child, and had dreams of falling, one of the signs of vaccinal poisoning. Consequently vaccinal poisoning was one of the causes which had to be considered in the treatment.

He had much catarrh with a greenish discharge, and was sentimental, fatty food upset him, indications which pointed to Pulsatilla. He had a poor circulation, had icy feet, digestion was unsatisfactory, there was splashing in the stomach. He hardly perspired at all, and always felt cold. He obviously needed building up, and the first thing I did was to build him up. He

had been living on the usual diet of civilisation, refined foods, coffee, white bread and butter, and he was constipated. In accordance with the teachings of Sir Arbuthnot Lane, I gave him liquid paraffin three times a day, and placed him on a lacto-vegetarian diet, with an abundance of bran, vegetables, potatoes, salading, raw fruit, an abundance of liquid, and flesh was to be replaced by eggs, milk, cheese, and dishes made of them. As he did not perspire, I started by giving him Sulphur 6x—a dose night and morning. I gave him between meals, Kali Bichromicum 3x for his catarrh. As the fall preceding the disease might conceivably have been the cause, I gave him a dose of Arnica 200 to be taken once a week, a dose of Thuja 200 as a vaccination antidote, once a week, and sent him away.

He found, at first, difficulty in following the diet. He probably thought that he did not get enough strengthening food. However, he resolved to try his best, and he succeeded. He started to put on weight before long. On the 24th January, after two or three weeks' treatment, he wrote: "On Saturday morning my weight was 9 st. 1½ lbs. I was wearing a suit of lighter weight than when you weighed me. I was then 8 st. 9½ lbs. This means an increase of at least 6 lbs. It took my breath away. Friends tell me I am looking much better, and fatter in the face. The skin in general is more ready to act, and I find that a gentle perspiration will commence at night. The catarrh is certainly improving."

That was a good beginning. I continued Sulphur and Kali Bichromicum, and the diet, which obviously suited him. As he felt a little disheartened at the fact that he was not yet cured, I wrote to him on the 28th January, after three weeks' treatment: "Skin trouble is always very difficult to handle, often far more difficult than trouble in a deep-seated organ which one cannot inspect. No one knows why this should be the case."

On the 1st February Mr. L. reported: "I am pleased to be able to send a favourable report again. My weight on Saturday in the same clothes I wore when you weighed me at 8 st. 9½ lbs. touched the beam at

9 st. 4 lbs., an increase of $8\frac{1}{2}$ lbs. since the commencement, which is excellent. I have been feeling well and energetic, and have not felt the cold to the same extent as previously. The catarrh has almost gone. The nose feels comfortably clear during most of the day. With regard to the Psoriasis, it is certainly not worse, and I see slight signs of improvement. By the by, I had homœopathic treatment from a Dr. B. for quite eighteen months. This was over eight years ago. The improvement was scarcely noticeable, and in the end I felt it had been a waste of money. After trying one treatment after another, I have so often come to a similar conclusion. This time I feel more confident, as there is a marked improvement in general health."

Most doctors and specialists make the disastrous mistake of treating only the disorder complained of by the patient, forgetting that they ought to treat the body as a whole. I always treat the whole body, whether the complaint is a skin disease, or an apparently purely local affection such as septic tonsils, etc. Sulphur is one of the best skin remedies, and is a general clearer-up of the body. Therefore I continued with Sulphur, but alternated it with Thuja 3x and Pulsatilla 3x the former because of the possibility of vaccinal poisoning, the latter because the patient had many Pulsatilla symptoms, as I explained at the beginning.

On the 9th February I saw Mr. L. for the second time. After our interview I wrote to him: "We have been co-operating just one month, and you had a bad attack of influenza which interfered with your treatment, but you have improved marvellously. Your weight has increased from 8 st. $9\frac{1}{2}$ lbs. to 9 st. $6\frac{1}{2}$ lbs., and you look and feel infinitely better. You have been reacting splendidly, but you think that the Psoriasis is no better. You seem to have learned how to perspire."

I still suspected vaccination as the principal cause of his skin trouble. As Thuja had failed me, I gave him now Variolinum 200, which is the actual vaccinal poison, the pus taken from a vaccination pustule. He was to take a dose once a week. A few weeks after

Mr. L. informed me that he had gained a stone in weight, and that his bones were getting bigger and stronger. Mr. L. discovered that his clothes became too small. When he called on me on the 1st March, he was no longer anæmic, held himself erect, felt vastly better, was energetic, but he was not satisfied about his skin disease, which I refused to treat by outward remedies. He was not only physically improved, but also mentally improved. He discovered that he could work better, had greater self-confidence, etc.

On the 2nd April, after three months' treatment, he told me that his weight was 9 st. 13½ lbs. He had put on 18 lbs. in weight, he was no longer a weed. However, the Psoriasis got a little better under the various medicines I sent him, and then again became a little worse. There was no definite and striking improvement. I then thought I would try radium. I gave him by the mouth, on the 22nd March, Radium Bromatum 12, a dose to be taken night and morning. On the 3rd April I sent him radium in the 10,000th potency—a single dose. Occasionally radium has an excellent effect on skin disease. However, I was disappointed once more, and so was my patient. I then wished to find out whether aluminium poisoning had been responsible for the complaint, and gave him, as an aluminium antidote, Alumina in the 200th potency, a dose to be taken once a week. Again the result was unsatisfactory. I then tried Arsenic in various potencies, not in the enormous quantities given by orthodox doctors, but in the form of Arsenic 3, which means a millionth of a grain of Arsenic, a dose to be taken night and morning, and I also tried Arsenic in the 200th potency once a week. Again there was disappointment.

I had suspected for a long time that there was some connection between Tuberculosis and Psoriasis. In some cases Psoriasis is undoubtedly associated with Syphilis and other serious diseases. When it is associated with Syphilis the eruption is likely to display a dark, copper-red colour, and there is aggravation at night. On the 17th July I gave him Bacillinum 30, a dose to be taken every Wednesday, and Bacillinum 200,

a dose to be taken every Saturday. Bacillinum is made from a tuberculous lung. A little of the diseased matter is potentised. The 30th potency is represented by a one followed by sixty noughts, and the 200th potency by one followed by four hundred noughts.

The unfortunate man wished to give up treatment because it had been dragging on for a number of months without much result on the skin, although his general health and strength had improved immensely. I had the greatest difficulty to persuade him not to abandon the treatment prematurely. In homœopathic treatment one has frequently to feel one's way for a long time, and try one remedy after the other, especially if the causation of the disease is as obscure as it was in this case.

On the 21st August I sent him Bacillinum in the 200th potency, to be taken every Saturday. I sent him Bacillinum in the 1,000th potency to be taken on the 25th August, and in the 50,000th potency to be taken on the 1st September.

On the 27th August Mr. L. wrote to me: "I am much encouraged by your hope that a remedy will be found, and still more by your active interest and genuine desire to achieve results. I can assure you it means a very great deal to me that you have not dropped the case, that you still write hopefully, and think there may well be a remedy."

Homœopathic remedies, especially if given in infinitely small quantities, which means in very high potencies, frequently produce an aggravation to start with which discourages the patient. However, this aggravation is an extremely favourable sign, because, as a rule, it is promptly followed by improvement. On the 3rd September Mr. L. wrote to me: "I am getting quite encouraged. Last week-end there was a considerable fall of scurf and scale, but not enough to call it an aggravation. Since then I am conscious of an improvement, a lightening and thinning of the patches. I am watching developments anxiously."

I continued concentrating on Bacillinum. In September Mr. L. went to Newquay for a holiday, and contemplated doing sun-bathing, which previously had

benefited him. He found atrocious weather, and could not take any sun baths. However, on the 6th October he reported to me: "A fortnight's rest did me much good. I felt invigorated at the end of it. The skin has shown definite improvement. The amount of scale has shown improvement, and although it has far from stopped falling, for the last three weeks it has been more like silver dust. Within the period under review there has not been any of the large flakes. The patches are paler in colour, and not so angry looking. As it happens that I did not sun-bathe this year, all improvement shown must be put down to other causes—in this case, the medicines.

The first favourable reaction had been brought about by the continued use of Bacillinum. I continued giving him Bacillinum in various potencies, low and high, varying the prescription from the 200th to the 50,000th potency. Improvement continued. On the 14th October Mr. L. wrote: "I cannot thank you enough for your care and persistence, and you indeed deserve, in this case at least, a successful result. For all the relief you are bringing to unhappy sufferers, your name will long be blessed."

On the 10th November he wrote: "There has been quite a reduction in the amount of skin falling day by day. I still collect daily from my underwear a considerable amount of fine scale, enough to cover and heap a match-box top, but this is nothing to what it was. I have been feeling well and energetic, and I am still taking my daily ration of bran. I am most hopeful."

I patiently went on sending Mr. L. Bacillinum in various forms, reinforced with medicines for cough, catarrh, or whatever was called for. On the 18th December Mr. L. wrote: "I am happy to say that the improvement in the skin has been maintained, and at the present rate of progress I am looking forward to the fulfilment of your promise, that another six months will see the end of the trouble. How wonderful that will be! To have achieved even the present condition is a great comfort and encouragement."

As Bacillinum given more or less continuously had

had such good results, I of course continued the treatment, occasionally alternating it with Sulphur, and Phosphorus, which obviously were called for. It will be noticed that the tone of my patient's letters was very different from that in the beginning, when naturally he was disappointed at the lack of result.

On the 28th March, 1938, I tried tuberculosis treatment with low potencies, and sent him Tuberculinum Koch in the 12x potency. Then I again reverted to Bacillinum in high potencies, which seemed to suit the patient better. On the 24th May, after sixteen months' treatment, he wrote to me: "A report is long overdue. As regards the skin, the various patches as when I last saw you are still in evidence, but there has been some improvement. The areas show signs of decreasing in size, and they are not so thick, nor does the skin peel away to any great extent. Compared with twelve months ago the difference is marvellous, and I am actually hopeful that the large patches over stomach and back may have gone for good. You remarked in one letter that small remnants might stay with me as a reminder."

Mr. L. had improved past recognition. His skin was practically normal. There was a slight discoloration and a few slight scales where there had been horrid angry red patches suggesting a skinned rabbit, and where there had been scales falling from his body by the handful. Several times during the many months I treated Mr. L., he became despondent and wanted to give up treatment. Happily my persuasion proved successful, and he continued, and was richly rewarded. If I had treated his skin disease immediately as associated with tuberculosis, the cure would have been more rapid. Unfortunately I could not at first sight concentrate upon this remedy, because there were other causative possibilities which had to be eliminated by practical tests. In any case, a skin disease which has been in existence during a quarter of a century, notwithstanding the best endeavours of eminent specialists, cannot be expected to disappear in a few weeks or months. Chronic diseases require patience and long-continued treatment.

CHAPTER XXIII

DIABETES AND INSULIN

NO two asthma cases, no two cases of diabetes, no two cases of cancer or of any other disease are alike. They require, therefore, individual treatment, but the patient is not given individual treatment. The cancer patient, whatever the cancer is due to, is sent to the surgeon to be operated upon, and the diabetes case is perfunctorily examined and is given the inevitable insulin, which is described as the "specific" for that disease.

The existence of specifics for diseases is a blessing for the busy but uncritical medical man. He can learn by heart, for heart disease give digitalis, for rheumatism give salicylates, for diabetes give insulin. Needless to say, digitalis cures very few heart cases but kills many. Salicylates quickly remove the pain of rheumatism but produce heart disease, and insulin has not cured a single case of diabetes as far as I know. It merely enables the patient to eat a little more bread and sugar that he could eat if he did not take insulin. Incautious use of insulin is, of course, very dangerous. It may lead to coma and sudden death.

The principle of orthodox medicine, the basic principle that there is "a specific" for every disease, is wrong. Exactly as one cannot produce a boot which will fit every foot of men, women and children, so one cannot produce a specific which will cure every case of asthma or every case of diabetes.

In order to show the curious way in which homœopathy can cure text-book diseases for which there is only one specific in orthodox medicine, I would describe a most interesting case of diabetes.

On June 30th, 1934, Mr. B. J., a clergyman of Glamorgan, wrote to me: "I have been suffering from diabetes mellitus for two and a half years. The treat-

ment I have had for it is insulin. At first I injected 40 units per day for nearly two years. At present I am injecting 15 units per day."

I had no desire to take on the case, knowing that diabetes is extremely difficult to deal with, especially as many diabetics are indifferent and unhelpful, possibly because of their exacting and restricted diet. I did not encourage him to travel from Wales to London. However, he insisted on coming and arrived on July 13th.

Mr. B. J. was 64 years old, single, came from healthy stock, had never been ill, and the only trouble he had had was piles. So he had come to the conclusion that the anal trouble was the cause of his diabetes. In 1931, he felt very weak, had a lot of boils, went to the hospital to be operated upon for piles, and then it was discovered that he had sugar in the urine. He had had no blow or fall by which the pancreas or some other organ might have been injured. Therefore, his case seemed to be a clear case of diabetes pure and simple, a case due to the malfunctioning of the pancreas or some other organ or organs working in conjunction with the pancreas. We do not know much about the co-operation of the organs and glands of the body, and it may be that although diabetes is supposed to be a pancreatic disease, it may be due to a defect of another organ or gland or structure which acts upon the pancreas, and more or less controls it.

I was determined to find the common-sense cause of his trouble apart from his devitaminised and demineralised diet, which, of course, was an important causative factor. In going carefully into his physical and mental symptoms and his personal history, I discovered that thirty years ago, when he was a young man, he had experienced a terrible love disappointment, which had deeply and permanently injured him. It appeared that thoughts of his lady-love and of his great psychical injury made him very ill and caused increase of sugar contained in the urine.

The clergyman, though looking like an average individual, possessed undoubtedly a great sentimental sensitiveness and I came to the conclusion that this factor

was more important than his consumption of white bread and white sugar. I gave him immediately a dose of Ignatia 1,000 as a test. He brightened up in a few minutes, lost his depression and was positively cheerful. This showed to me clearly that there was a strong possibility of his diabetes being due to a psychical injury and that Ignatia might cure him. I gave him a bottle of diluted Phosphoric Acid, to which a little Nux Vomica had been added as a nerve stimulant, tonic and digestive, ten drops to be taken in water after every meal. I also gave him a small helping of Ignatia 200, a dose to be taken rather rarely. That was on July 13th.

On July 16th, after three days' treatment, he wrote: "I am very pleased to inform you that my analysis of the urine showed this morning that the urine was sugar free. I injected insulin only once yesterday (Sunday) instead of twice as afore-time." I told him to reduce injections gradually with improving urine, and to test his urine three times a day as he had been advised by his doctor. On July 20th, a week after the interview, Mr. B. J. wrote: "I am happy to inform you that my depression is certainly less severe than when you saw me. I feel considerably better. I am awfully glad I came to see you. Life has already taken a brighter and more gladsome aspect. You told me that I should presently be able to present the insulin bottle and syringe to the local museum—this is most cheering to me. It encourages me to look forward to the day when I shall be cured. In fact, I am feeling quite confident that that day is not far distant. My reaction to your treatment continues most satisfactory. I have not injected any insulin since Monday morning, and my urine is sugar free up to the time of writing."

On July 27th, after a fortnight's treatment, the clergyman wrote to me: "You will rejoice to learn that my reaction to your treatment continues to be most satisfactory. I took three of the Ignatia pilules on Friday of last week and there has been for the last five days not even a trace of sugar in my urine. As regards your medicine for depression, I am pleased to report an improvement in that respect."

On July 30th, after seventeen days of treatment, he wrote: "Henceforth I shall test the urine only three times a week, and after a few weeks' time only once a week. My confidence in the curative efficiency of your medicine increases almost daily, and my heart swells with gratitude to you as I think of the amount of good you have done me." On August 3rd he wrote: "Sugar in the morning specimen I regret to say is somewhat persistent. Practically every morning there is a *trace* of sugar. As to the depression, I am pleased to say I am much better. I am at times quite cheerful which I have not been for a long time."

He went on holiday to Shrewsbury, had dishes of mushrooms, sugar in the urine increased, and I sent him a bottle of *Syzgium* mother tincture, 10 drops, to be taken immediately before meals. I ordered him to leave off mushrooms and he followed my advice and immediately became better. On August 20th he wrote: "I am happy to inform you that since I have discontinued taking mushrooms my urine has again become sugar free." On August 22nd he wrote: "I am delighted to say that my urine is still sugar free." Needless to say, he had given up using insulin long ago. On August 25th he wrote: "My urine is still sugar free and my depression is quite gone."

Letter after letter contained similar reports. On September 15th he wrote: "My general health has much improved since my visit to you. Your medicine has worked quite a miracle. My weight is now above the normal for my height and age. I have put on weight since I have taken to homœopathic treatment."

I continued to treat him mainly with *Ignatia*, occasionally with doses of Phosphoric Acid, Sulphur 6x for blood-clearing purposes, etc., occasionally I gave him *Ignatia* low, such as 3x, and from time to time he reported to me that there was improvement in various directions.

On December 1st, 1934, he wrote: "Not since 25th September have I taken any pilules. During that period there was sugar in the urine nine times, in the evening. In the morning specimens there was sugar in the urine only twice." That was an excellent result of

doing without insulin during a considerable number of weeks. I then gave him Ignatia 30 for a change, a dose to be taken very occasionally. He wrote to me on December 4th: "The measure of my gratitude to you is inexpressible by the language at my command. There is no combination of words that can tell you all I feel for what you have done for me."

On February 8th, 1935, he wrote: "It is really marvellous. Not for years has my health been so good, and as to the depression, it has all gone. When I am worried there is a return of depression for the period of the upset, but as soon as the worry has ceased, depression flies away and I am in the pink of good condition. About three weeks ago I prayed as usual, 'Lord, heal me of my diabetes.' Whilst on my knees in my morning devotion I made the above request. The Lord replied immediately, 'Why pray for that which you already have had?' Since then I have ceased to pray for a cure. If the old request forms on my lips, as sometimes it does, I fail utterly to give utterance to it. The form my prayers now take is, 'I thank you, Lord, for directing me to homœopathy, enabling me to give up insulin,' and I usually conclude the above prayer with the words, 'Bless Mr. Ellis Barker.'"

The man overflowed with gratitude. He wrote to me on February 12th: "During my Journey through life, I have made many friends but not one benefactor who can compare with you. I never cease to thank God for having led me to consult you and to take homœopathic treatment. It is far and away better and more effective than insulin."

On November 23rd, 1935, my patient wrote, after I had sent him some diluted Phosphoric Acid combined with Ignatia, 10 drops to be taken after meals: "Your treatment is an unceasing wonder to me. Just think of it, I have not used insulin since July 13th, 1934, the day on which I paid you a visit, that is to say a whole year and four months. It is not wonderful that my confidence in your treatment is unbounded! I thank God that he ever led me to visit you. Life has almost become normal, and what is an incalculable blessing, my mind is now entirely free from the anxiety of an

attack of coma, to which all diabetics who inject insulin are exposed."

On December 10th, 1935, he wrote: "Since I became a diabetic I have not enjoyed such good health as I do to-day, and under God's blessing I have to ascribe it to your professional attendance."

The letters became less frequent, and on January 11th, 1936, he wrote with regard to Ignatia in a high potency: "I now take your medicine very rarely, once a month or once in six weeks. Think of what that means to me when I tell you I used to inject insulin twice a day. How can I thank you enough for what you have done for me. I never cease to thank God for directing me to you."

On July 16th, 1936, two years after his visit to me, he wrote: "The diabetes has not completely left me. At times I feel much weakness and exhaustion. I verily believe, if I could be free from worry, I would hardly know I am a diabetic. The urine is practically sugar free. I have gone on for two or three months with no evidence of sugar in the urine, but every time a new source of worry upsets me, sugar inevitably reappears in the urine. The cause of worry and sorrow is not financial but the quarrelling among the members of the churches and the suspicious conduct of certain members of the flock. The combined effect of these things has produced at times a deep physical and mental prostration. I have the strong conviction, were I free from these troubles, that diabetes would have gone completely. As to insulin, I am happy to say that I have not injected any insulin for practically two years. You remember when I visited you, you told me not to discontinue the insulin until the sugar disappeared from the urine. From July 15th, 1934, to the middle of September, 1934, I injected insulin about six times. That was largely through weakness of faith, but I am glad to say that I have not used insulin at all since the middle of September, 1934, till now, a period of 23 months. All I have done is to take an occasional pilule of Ignatia, as you directed me. I consider that your treatment has wrought almost a miracle upon me."

I think the reading of this correspondence must make it clear to everyone that the cause of diabetes in the case of Mr. B. J. was chiefly, or purely, psychical, and that his complaint did not call for insulin but for Ignatia, Phosphoric Acid, and other similar remedies.

Insulin and Its Antidote.

Insulin is the specific of specifics for diabetes. It is used in practically every case of diabetes, and it has been praised as the greatest medical discovery of modern times. However, ever since the introduction of insulin the diabetes death rate has increased enormously in every country in which insulin is used.

While insulin, though easing the patient for a time, is not curative of diabetes, it probably weakens the pancreas still further. In any case it is a very dangerous drug. It may lead suddenly to diabetic coma, and unless the patient has some sugar with him, he may collapse and die. Every doctor is familiar with the danger. Undoubtedly many diabetes have died, not from the disease, but from insulin.

The ill effects of insulin are at first comparatively mild, but at any moment an insulin malaise may be converted into a very dangerous condition and the patient may be taken to the police station in the belief that he is drunk, while in reality he is lying in a coma. Happily homœopathy has discovered an antidote to insulin.

Before describing the following case, I would mention that homœopathic doctors who understand their business hardly ever use insulin. I personally have never prescribed it. When patients come to me who have been given insulin by their doctors, I never stop it, but treat them homœopathically and advise them to reduce the insulin dose gradually with improved general health, until they can leave it off altogether.

Some time ago a Miss H. living in a large town in the provinces came to me complaining of diabetes. She had, of course, been given insulin long ago by her doctor, and she was injecting it every day, a number of times in accordance with the results of the sugar test in her urine. Lately she started complaining about

unclearness in the head and various other symptoms which suggested to me the beginnings of insulin poisoning. I therefore sent her as an antidote a little box of sugar pills marked Insulin 200. It is a well-known fact that a high potency antidotes, as a rule, a low potency or a drug given in substantial quantities. The effect of that medicine may be seen from the following letter which I received from the patient:

“ In your letter you asked what effect I noticed from the medicine marked ‘Insulin antidote.’ I think it is *wonderful* stuff, it is the only thing which takes away the dazed feeling I get, when the insulin seems to have got too much into my system. I don’t know how else to describe it. It is a most peculiar feeling. I seem to be doing and saying things almost mechanically, and if I speak to somebody, I wonder afterwards whether what I said was sensible or not. Sometimes, if I take sugar, the feeling goes away, but for the last few times I have had it, sugar has had no effect, and I have not known what to do, at least I did not know until you sent me your pills. These take the feeling away in about half an hour or less. I always carry them about with me, for fear that I should get this feeling; they give me such a sense of security.

CHAPTER XXIV

A CASE OF MENIERE'S DISEASE

THE human body keeps its balance by a very wonderful and intricate apparatus situated in the ear. There is a grave and terrible disease called Menière's Disease, in which this marvellous piece of machinery has got out of order. The patient is no longer able to keep his balance, he stumbles about, falls, is afraid to move, and he suffers agonies of fear and distress. Frequently Menière's Disease is accompanied by an affection of the brain, by high fever, vomiting, and many other terrifying symptoms. It is considered incurable.

On August 26th, 1937, I was visited by a Mr. L. B., a commercial traveller, who came from good stock, and who had suddenly produced symptoms which caused the doctors and specialists to make the diagnosis of Menière's Disease. Seven weeks before the patient came to me he had an attack of giddiness at eight o'clock in the morning. He felt something like a click in the brain, everything spun round and round, but the attack was brief and seemed to have no particular importance. Three days after, at nine o'clock in the morning, the patient had a similar attack, but this time it continued during more than forty-eight hours, and was accompanied by violent headache and vomiting. The doctor diagnosed the disease as a tumour on the brain and sent the patient to an ear specialist. The ear specialist told Mr. L. B. that he suffered from Menière's Disease and that further attacks were likely to follow.

Mr. L. B. was a commercial traveller who went about in a small car, and he had, of course, to step out of the car when calling upon customers. The prospect that he might at any moment be struck down by an acute attack of giddiness, causing him to fall, was

terrifying. He imagined that the end had come, and as doctors and specialists gave him little hope, he had come to me.

In my directions I summarised his condition as follows: "You look a healthy man, are tremendously active in business, but look distinctly run down and under par. You are anæmic, live on a concentrated diet, and take practically no exercise. That kind of life is not conducive to good health, and I imagine that the attacks were merely well-meant warnings of nature which you must heed. You have a poor circulation with cold hands and feet. You smoke twenty cigarettes a day, inhaling, which is an extremely dangerous practice, and it must be stopped immediately. You have lost your self-confidence. You have three loose motions a day. Eating fruit is apt to cause diarrhoea.

"You have had little health trouble. You have had influenza twice, but slightly. When twelve, you had pleurisy on the left side, badly. You have been vaccinated two or three times. One vaccination did not take at all, and you get dreams of falling. You are apt to get headaches with swollen arteries, with pressing pain aggravated by light. You do not perspire, and therefore toxins are retained in the system. When young, you had frequent ulcers on the eyeball of both eyes, an obvious sign of impurities in the blood. Possibly there may have been other health troubles. If so, you must let me know. Your pulse is somewhat hard."

The position was very obscure. Still, hope is the finest tonic in the world. I told Mr. L. B. that I could not accept the specialist's diagnosis, that probably the consultant had made a mistake. As the condition was very obscure, I started treatment by giving him Sulphur 6x marked "blood clearing," a dose first and last thing a combination of Ignatia 3x and Carbo Vegetabilis 3x marked "digestion and depression," two pills before meals, and Anarcadium 3x marked "self-confidence," three pills between meals.

The patient had been living on a very unsuitable diet. He ate large quantities of white sugar, thick

butter, plenty of meat and bacon, beer, coffee, white bread, etc. Vegetables were denatured by boiling them with soda, and potatoes were spoiled by peeling them before cooking. I put him immediately on a natural diet, rich in vitamins, with an abundance of bran, vegetables, raw fruit, salading, wholemeal bread, etc., and I forbade coffee, strong tea, white flour and white sugar in every form, and the use of aluminium cooking utensils.

The man looked in extremely poor condition. Such men usually live on a so-called strengthening diet, which causes putrefaction and auto-intoxication. He had lost all his teeth, had swollen and soggy ankles, and was altogether in a deplorable state.

The patient had come to me on the 26th August, 1937. On the 2nd September, after less than a week, Mr. L. B. reported: "I am pleased to report that I am feeling very much better. I have hardly been troubled with headache, and I have regained my self-confidence." I continued the same medicines as originally given, and added China mother tincture tablets, two to be taken after meals, because he was so anæmic.

On September 10th I sent him *Calcarea Phosphorica* 3x marked "strengthening," a dose first and last thing. I gave him *Arnica* 3x marked "giddiness," three pills between meals, and *Gelsemium* 3x marked "giddiness and trembling," three pills as needed. On September 16th the patient reported: "I am feeling very much better, I am taking exercise, I have gained several pounds in weight." I continued the medicines as before, and received one good report after another. I saw him on September 30th, for the second time, and wrote to him: "I am delighted with your improvement in every direction. You have gained five pounds in weight, have had no giddiness, no headaches, self-confidence is greater and even the ankles are better, although you have suffered from swollen ankles for twenty years. The pulse is no longer hard, you have lost your anæmia to some extent. You have reacted splendidly."

I continued medication as before and gave him in

addition Thuja 200 marked "vaccination antidote," a dose last thing every Monday, and Pyrogen 200 marked "old ulcers," three pills last thing Saturday. For many years the patient had been suffering from ulcers, and there was the possibility that ulceration was responsible for the curious attacks diagnosed as Menière's Disease. Besides, there was the possibility of vaccinal poisoning, and therefore he was given a dose of Thuja 200 once a week.

I continued medication with slight changes. I gave him Ignatia 3x marked "depression, nerves, tonic," a dose to be taken as needed, and gave him Ferrum Phos. 2x as a tonic. On October 28th Mr. L. B. reported to me: "I am still feeling very well and have gained four pounds in weight this week, so I am now 11 stone 5 pounds, a total gain of 10 pounds." The patient, who had looked weak, ill and tottery, became sturdy. There was the possibility that the attack was due to the breaking of an artery, causing the flooding of the apparatus which regulates the balance of the body. I therefore gave him for some considerable time Baryta Carbonica 3x marked "arteries strengthening."

The patient continued improving, and looked me up from time to time, and I was amazed at his progress. He developed rheumatism for which he was given Rhus Tox. He was given Arnica because he felt fagged, etc. The patient improved and improved, and obtained better health than he had had for very many years. On the 3rd February, 1938, he discontinued treatment, and wrote to me: "I am still feeling very well indeed. I must take this opportunity of thanking you for all you have done for me. Your treatment has brought me back to my old self again, and I now feel fit for anything."

The prescriber, professional or lay, should never allow himself to be impressed, or depressed, by a diagnosis, however exalted the position of the diagnostician may be. I have the principle that there is no incurable disease. A disease becomes incurable only when the patient is dead.

CHAPTER XXV

A BAD CASE OF PROLAPSE, SLEEPLESSNESS AND OBESITY

PROLAPSE of the womb is a condition very frequently found in women and the orthodox treatment consists in inserting a pessary or ring, or in stitching up the womb. That procedure is unfortunately often adopted by homœopaths who ought to know better. Every good homœopath has cured such cases by medicine alone. Happily, homœopathy has a wonderful array of remedies for this purpose, remedies which are unknown to orthodox medicine.

Stitching up an organ is, of course, a very faulty procedure, and the insertion of a ring in the womb is very reprehensible. It is true the ring holds the womb in position, but it presses upon the delicate lining of the organ and produces very frequently considerable irritation and a foul discharge, and it would not be surprising if the violence done to this important organ would lead frequently to tumour formation and malignancy.

Prolapse of the female sex organ is relatively easily dealt with by homœopathic remedies if the patient is young. The strengthening of the general system is apt to lead to a similar strengthening of the tissues and structures which hold up the sex organ. The position is, of course, very different if the patient is elderly or old, for then we find internal flabbiness, which is not easily dealt with by nutrition, medicine, massage, etc.

On June 15th, 1937, I was visited by a Mrs. K. of Cornwall, who had specially come up to London to consult me. She suffered not from prolapse of the womb, as the womb had been taken out, but from prolapse of the bladder and vagina. I was horrified to find that she had been taking bromide for years by

doctor's orders because of insomnia. She was happily married, and was 76 years old. Age did not deter me, for she was a woman of wonderful physique, fond of the open air, energetic, optimistic and deeply religious. Her father had been delicate; her mother had died of creeping paralysis. Her parents had eight children; one of them died from a tumour on the brain. Mrs. K. had a very healthy daughter, and, judging from her appearance, I took a hopeful view of her case.

The prolapsed condition had begun thirty years previously. Her first confinement more than forty years ago had been terrible; she had a narrow pelvis and gave life to a boy weighing 12 lb., and was very badly torn. At the second pregnancy there was much flooding.

When Mrs. K. was 48 years old, the doctors discovered that she was troubled with a fibroid tumour of the womb. Common-sense should have caused them to take out the fibroid and leave the womb—I believe it is easier to cut out both womb and fibroid simultaneously. This was done and thus a large void was created, with the result that the stomach and other organs which were propped up by the womb, dropped down. They pressed on the bladder and produced prolapse of the bladder and vagina.

Mrs. K. is a highly intelligent woman, and she told me that it was her impression that all her troubles could be greatly relieved if she could fill the void in her abdomen with a large quantity of cotton-wool. Obviously she felt the void which the surgeon had created twenty-eight years previously. Mrs. K. had a wonderful complexion and body skin, healthy hair, clear eyes, but she was somewhat stout, because she could not take any exercise owing to the prolapsed condition of vagina and bladder. She found it difficult to stoop and do gardening—an occupation which she loved—owing to the pressure on the prolapsed organs. There was constant urging of the bladder. She slept poorly owing to over-activity of the brain, a condition which indicates *Coffea Tosta*. She did not perspire, was constipated, and aluminium cooking utensils were employed in the kitchen. She took flesh and fish two

or three times a day—a very undesirable diet in her case.

I put her on a fleshless and fishless diet designed to reduce her overweight. She was to take an abundance of salad, fruit-juice and raw fruit, and nettle tea because of her rheumatism. She was given a diet rich in cereals, bran, eggs and cheese, but she was to take the absolute minimum of milk, butter, sugar and other fattening foods. Aluminium cooking utensils were, of course, to be scrapped.

Medicines were prescribed as follows: She was to take a dose of ~~Sepia 12x~~ a magnificent ~~prolapse~~ remedy—first and last thing. Between meals she was to take a dose of ~~Rhus Tox. 3x~~ to help her rheumatism. She felt depressed and had some indigestion, so I sent her a combination of ~~Ignatia 3x~~ and ~~Carbo Vegetabilis 3x~~ a dose to be taken before meals, and I sent her ~~Coffea Tosta~~ in the 30th potency for her sleeplessness. On Monday night she was to take a dose of ~~Thuja 200~~ marked “vaccination antidote,” because she had terrible vaccination scars. As aluminium had been used in the kitchen she was to take on Thursday night a dose of ~~Alumina 200~~ as an antidote, and on Saturday night she was to take a dose of ~~Arnica 200~~ to deal with the injury inflicted upon her abdomen by the operation which was done twenty-eight years previously.

Before she came to me, Mrs. K. could not digest vegetables and fruit. The digestive tablets of ~~Carbo Vegetabilis~~ and ~~Ignatia~~ in combination enabled her to digest fruit, salads and vegetables easily.

On July 3rd I received the first report from my patient. She wrote, to my delight: “Everyone says I am looking much better than when I went away, and I am certainly feeling better in every way. The ~~Curtis~~ belt which you provided for me is a great comfort. I find I can do things without feeling so deadly tired. I have been sleeping better, but have had three horrible nights. The prolapse is less uncomfortable than it has been for many months. I think I am digesting my food better, but still have some discomfort. My weight is now 9 st. 13½ lbs.”

I sent her ~~Sepia 12x~~ for her prolapse, a dose to be

taken first and last thing, and also gave her Arsenic 6x marked "fruit indigestion," a dose to be taken before meals, to improve her digestion still further. She was to take Rhus Tox. 3x between meals for her rheumatism. As Coffea Tosta 30 had not cured her sleeplessness, I sent her Hyoscyamus 3x for the same purpose.

On July 11th I received a delightful letter from Mrs. K. She wrote: "My Dear Healer,—I have always been a bit of a heretic and do not lay great stress on orthodoxy. I came to you in a crisis, not knowing you were either a homœopath, or a vegetarian, and understanding that you were a gynæcologist. I shall always be grateful to you for your wise and kind treatment. On coming home, I was bound, of course, in courtesy as well as in view of future possible needs, to tell my own medical attendant about it all, and I am sure you will understand that you and he have opposing views. I told him that I intended to continue the diet, at any rate for a time. I have lost 1 lb. in weight this week. I have always been a bad sleeper, and am convinced that one sleepless night does me more harm than all the bromide I have taken in my life. It is not pain or discomfort in any unusual degree that keeps me awake, but as the night goes on, my head feels more and more like a jelly, and there is a large cavity in the middle of my abdomen. Neither faith nor talking to myself does any good. The trouble with my water still continues, and I am not safe to go anywhere for more than half an hour where there is no available lavatory."

This letter was discouraging and somewhat despondent. I encouraged Mrs. K. to the best of my ability and the treatment went on. I advised her to leave off bromide and try the innocent homœopathic remedies for sleeplessness instead. She fell in with my suggestion. On July 14th she wrote: "I have suffered bad nights and have taken no bromide and have not broken regulations as to my food. I think I am a very virtuous patient. I can't say that the prolapse is better and the bladder is a great handicap."

I carried on with Sepia and Rhus Tox, and gave her

in addition Ignatia 3x marked "depression, nerves, tonic, sleep, three as needed," and Sepia 200 (prolapse), a dose to be taken last thing every Sunday.

Mrs. K. improved considerably on the constitutional side. On July 25th she wrote to me: "This week I have lost 1 lb. 12 ozs. I am now 9 st. 12 lbs., just 1 stone lighter than I was twelve months ago. The prolapse is distinctly better, and I am feeling more gay-hearted and less tired. The bladder is perhaps a little better but still very tiresome. I am taking your medicine 'nerve, tonic and sleep' twice, at intervals towards the end of the day, and have slept two hours on end, which is an improvement."

I was delighted to hear that, after a month's vain endeavour, my patient's prolapse was distinctly better, that her sleep had slightly improved, enabling her to discontinue the bromide. I sent her the same medicines which she had been given previously.

On August 1st she wrote: "The bladder trouble is still very distressing. By taking the medicine last thing and twice during the night, I am getting more sleep." At last her dependence on bromide was really broken. She improved steadily, and on August 8th she wrote: "The prolapse is so distinctly better that I am reminded of the parable of the grain of mustard seed—so small a thing as your pilules having so much power in itself. I am feeling well and enjoying activity in the garden and in the house. I am going to Church this morning, hoping that I shall be able to last out. I have not been able to go on Sunday since I came home. A half-hour service in the week has been the limit of my staying power, with calls of refuge on the way home."

I continued the same medicines as before, but instead of sending her Sepia 12, sent her Sepia 30, a dose to be taken first thing only. On August 15th Mrs. K. wrote: "I shall finish these priceless remedies and hope for further good results."

I continued Sepia 30 in the morning and Rhus Tox. 30 in the evening, and gave her between meals Cantharis 12 for bladder urging.

On August 21st she wrote: "The bladder trouble is

a little better, but I am seldom comfortable for more than half an hour, and often I have to go three and four times within an hour. Have you noticed how much firmer my handwriting is? I feel well in general health."

Mrs. K.'s handwriting was shaky when she came to me; it had got so firm that her letters looked like those written by a young woman. As she had taken *Sepia* 30 for some considerable time, I went back to *Sepia* 12x, a dose first and last thing. I gave her in addition *Calcarea Phosphorica* 3x, a dose between meals, and she was to take midway between meals a dose of *Fraxinus* tincture—a wonderful prolapse remedy, strongly recommended by the late Dr. Burnett. The effect was gratifying, and Mrs. K. wrote: "I have waited a little longer to write in order to make sure that there was a definite improvement in the bladder trouble, and now, after ten days, I am sure that it is better, so that I should like to continue the drops of which I have enough to last a fortnight. I should like also to continue with the pilules for prolapse which I have just finished. Last night I slept from 12 to 7, a thing I have not done within memory, without aid, and I am feeling very well and cheerful."

Previously the poor woman often could not sleep without taking bromide. At first the gentle homœopathic remedies were ineffective; sleeplessness was complete. Then she was able to sleep for two hours, and she thought the improvement marvellous; now she could sleep for seven hours.

I then sent her further helpings of *Sepia* and *Calcarea Phosphorica*, and on September 26th Mrs. K. declared herself cured and wrote me the following charming letter:

"MY DEAR KIND HEALER,—This morning I feel like singing a litany. I am a strong woman rejoicing in vigour such as I did not hope to feel again. I have just come in from the garden after more than an hour's strenuous work which has been a delight. Of course, it is a heavenly morning and my good daughter and I worked together and we are full of delightful plans and preparations which are full of interest, but

all these good things alone would not a few months ago have brought me so much joy, and I realise that body and soul are more closely knit together than I had realised, even after a long and strong life. So I thank God for the salvation of my soul, and you for the salvation of my body. I have now no complaint which I need treatment for, and I think the time has come for me to retire from the honourable position of being your patient."

Mrs. K. can now sit out a long theatrical performance and goes for energetic non-stop walks of two hours, climbs hills, etc., a wonderful feat.

The case of Mrs. K. is a very remarkable one for various reasons. In the first place this was an unusually bad case of prolapse, a case which no orthodox doctor could have treated. Every orthodox doctor would have given his opinion that nothing could be done except surgery, or propping up the prolapsed structures with some form of ring which would have irritated the poor woman's inside. Besides, Mrs. K. was far too obese, and it is risky to reduce people of nearly eighty. Reduction by means of drugs is dangerous in all cases, particularly is it dangerous for patients who are advanced in years. Injudicious weight reduction, whether by drugs or by diet, frequently leads to weakening of the heart and other risky or dangerous consequences.

I wish to be perfectly frank with my readers. I felt very doubtful as to whether I should be able to cure the prolapse by homœopathic drugs and as I did not wish to fail completely in treating the woman, I treated her simultaneously for prolapse and obesity, so that at least I should be successful in the latter if I should fail in the former. The fact that I succeeded in reducing the lady's weight by more than a stone when she was approaching 80, and increasing her strength greatly by doing so, is very remarkable, but it is still more remarkable that the extraordinary abdominal condition yielded to treatment as well.

As a matter of fact there were not only the two troubles of prolapse and obesity, but a third and even

more serious trouble, namely insomnia, for which the patient had for years been doped with bromide. Bromide is a dangerous drug. It is a cumulative poison. Patients who have been taking bromide regularly for a long time by doctor's orders become drug addicts in the same way as those who have become accustomed to the daily use of the morphia syringe or cocaine. To my delight I was successful also in breaking Mrs. K. of the bromide habit. Most people who are taking regularly any of the benumbing drugs or insulin get enslaved by these drugs. I consider the cure of the three complaints, prolapse, obesity and insomnia, a great triumph for homœopathy.

CHAPTER XXVI

HEART AFFECTION, SERIOUS BRONCHITIS, OBESITY AND STROKE

ON November 18th, 1937, I was visited by Mrs. M., of South Kensington, a lady well over eighty, who complained to me about weakness of the heart, panting on movement, giddiness, especially when rising from the bed or from a seat, and painful limbs, particularly on the right side. She was especially alarmed about the heart.

Mrs. M. was a woman of exceptional intellect and ability, but, like so many intellectual women, she had neglected her body, and had not taken any exercise whatever for very many years. She liked rich and nourishing foods, and, to my horror, took cocoa and stout, which would have been suitable if she had been emaciated. I had to explain to her that her principal disease was not seated in the heart, brain or limbs, but was to be found in her obesity. She carried five or six stone of overweight, and her poor heart had to work against resistance, and so had her lungs. No wonder that heart and lungs felt the strain. I put her on a reducing diet. She was to take the minimum of flour food in the shape of biscuits and crisp toast, with the thinnest butter, superlatively weak China tea with the minimum of milk, and no sugar, one or two eggs, any quantity of raw juicy fruit, a little grated cheese, salading, etc.

Apparently she was greatly impressed by the interview, and she was determined to carry out my directions. She had mounted the twenty-six steps to my consulting-rooms with the greatest difficulty, and had blamed her heart for it. I had to explain to her that her heart was not the culprit, but the enormous overweight which she had to drag up the stairs, that her position was similar to that of a woman of average

build who was carrying up the stairs two large buckets full of water, or full of coal.

Mrs. M. recognised the soundness of my recommendations, and promised to carry them out with the greatest care. She scrapped the aluminium saucepans which had been used for years, and regularly took the medicines which I had prescribed for her.

I did not give her any medicines to reduce her overweight. Instead I gave her *Rhus Tox.* 3x, marked "rheumatism and heart strain," a dose first and last thing, and I gave her *Crataegus* mother tincture, marked "heart and tonic," a dose between meals, and *China* mother tincture, marked "tonic and blood-making," a dose after meals.

Like so many obese women, the patient was anæmic. She became very enthusiastic for my treatment, and wrote to me after a few days, on November 25th: "I have great faith in your powers of deduction and your genius as a healer, and I am taking great pains so as to get good results. I need hardly say you have inspired me with hope, and, who knows, you may bid me live to a hundred. However long it may be, I shall know to whom I must attribute the glorious gift of health, and remember you with gratitude. I feel like the dear obstinate man in the Gospel who defended his healer, and said, 'Whereas I was blind, I now see.'"

Mrs. M. made a very good beginning, and I had hoped that I should be able to reduce her overweight by a great many pounds without any unpleasant interruption. Unfortunately that hope proved vain. She had had every winter a severe attack of bronchitis, pleurisy, pneumonia, or something of that kind, and then the condition of the heart had invariably deteriorated. A few weeks after the beginning of the treatment, she contracted a chill. She had to take to her bed, and she became desperately ill. Breathing became excruciatingly difficult, her heart raced, she lost strength and hope, she could no longer sit up in bed because the condition of her heart would not allow it. Her relatives and her servants became alarmed at her weakness, and suggested that she should call in a

doctor. She had every confidence in me, and refused to call in a registered and qualified practitioner because she had learned that the qualifications of doctors are occasionally deceptive.

I went to her house two or three times a day, and tried various homœopathic medicines on her, but the result was disappointing. She could not sit up, her chest refused to expand, and the condition of her heart was deplorable. I became alarmed. I had given her various tonics to support the heart, and had treated the bronchitis with Bryonia, etc. The result was practically nil. I then thought I should try Bryonia in outward application. I went to her bedside, mixed a teaspoonful of Bryonia mother tincture with a table-spoonful of water, and rubbed this mixture into her chest. I do not know whether the Bryonia improved her condition, or whether it was the touch of my hands or the rubbing. At any rate she took a deep breath, and said to me: "Oh, this is wonderful! Your rubbing has done me more good than all your medicines."

She could breathe freely, and she told me: "I am a devout Roman Catholic. You know we Roman Catholics ought to confess and get absolution before death. Don't you think I ought to call in a priest?" With great presence of mind I answered her question with a counter-question. "Is your priest a funny man, and would he crack jokes?"—"Of course not. This is a most solemn occasion. How can you ask such a question?" I answered: "You don't need a priest because you are going to get well, but if the priest is a cheerful man and makes you shriek with laughter, have him by all means. Then he will do you a great deal of good." I daresay that if I had taken the usual attitude, if I had told her: "If it is a satisfaction to you, call in the priest and get absolution," she would have said to herself, "Mr. Ellis Barker despairs of my recovery; that is why he wants me to see a priest," and that impression might have caused her to die through loss of hope.

With the greatest difficulty I nursed her back to health. This heart and chest attack was the worst she had ever had. She had been greatly weakened by it.

Of course, while she was in so desperate a condition, I had to make her give up her reducing diet, and told her to eat and drink anything she fancied. Consequently she had put on flesh, and her general condition had undoubtedly deteriorated. Under the circumstances it would have been madness to continue the reducing diet. I even brought her chocolates, because she loved them, which, of course, were absolutely forbidden by my diet-sheet.

The heart and chest attack had shaken her severely, and before I could turn round and build her up she had a slight stroke. She was too intelligent and experienced a woman to be deceived about the nature of the incident. She had felt desperately ill, had been unable to move, could not speak at all, and at last and very slowly she recovered the ability to speak to some extent, but her speech remained un-understandable for some considerable time. It would have been madness to deceive her. I told her quite frankly that she had had a small stroke, or rather that a small artery in the brain had given way, there had been slight bleeding, a clot of blood had formed, and pressure from the clot had upset part of the brain. I told her that I had no doubt that I should be able to cause absorption of the clot by using the indicated medicines.

I gave her Arnica 3x for clot absorption, Ferrum Phos. 2x for pressure of blood in the head, and I gave her as a tonic and appetiser a mixture of diluted Hydrochloric Acid, Alfalfa and Ignatia. I alternated this with Crataegus Tincture and Naja 6, kept her bowels open with Taxols, gave her Hamamelis mother tincture to strengthen the walls of her veins and arteries, and gradually rebuilt her.

The old lady improved remarkably. She began to look years younger, her weight speedily went down, she went every day into the garden, walked round it, did actual gardening, and enjoyed an activity greater than she had known for many years. Then she visited me at my consulting-rooms, and although she had had a very serious heart attack and bronchitis and a stroke, she mounted the twenty-six stairs to my consulting-rooms with great ease. In the meantime she had lost

about thirty pounds of her overweight, and her tissues had become sounder by the diet she had had, and by the regulation of the bowel. Constipation had completely disappeared.

The story of Mrs. M. shows how necessary it is to give hope and confidence to the patients, and to have thorough confidence in the healing art. The great majority of doctors would have looked at the old lady of 81, and would have said to themselves: "The woman is in such a deplorable condition that little, if anything, can be done," and they would have perfunctorily felt the pulse, looked at the tongue, listened to the heart and lungs, and have prescribed a tonic or a digestive medicine, and they would have abandoned her altogether after the stroke.

The diet, the medicines, the sympathy and interest which I showed her, my frequent visits, and the touch of my hands helped the old lady back to health, and after the two serious attacks she looked many years younger than before her troubles had begun.

CHAPTER XXVII

"A GERM IN THE KIDNEY"

THE CASE OF MRS. M.'S SERVANT

MRS. M. had had an Irish servant for forty years, and naturally she was greatly attached to her. Mary had become a fixture. She had been tremendously devoted to Mrs. M., but lately her character had completely changed. She had become inattentive, morose and rude, and would not speak to her mistress for weeks on end. Mrs. M., a most kindly woman, was puzzled and then distressed. Previously Mary had complained of her health and had been sent to the doctor, and the doctor had informed the bewildered servant that she had "a germ in the kidney," and had prescribed a diet for her which she had faithfully followed for a long time. Mary had then become very weak, she had again seen the doctor, and had been told that she was in danger of having a rupture, that she had to be most careful in bending, stooping, lifting, carrying, and she was afraid to work, and almost to breathe. She thought that at any moment she might go to pieces.

Irish Mary was a servant of the old type. She was reared in the country, could barely read and write, and the doctor's confident statement that she had "a germ in the kidneys" filled her with vague terrors. She probably thought that in the kidneys was lurking a stealthy enemy, looking like an octopus or a millipede. The position became impossible. She slouched about the house looking the picture of unhappiness, would not speak to anyone, was rude, and seemed very ill. At last her mistress brought her to my rooms.

My consulting-rooms are exceptionally cheerful rooms in the Adam style, with enormous lofty windows, an outlook on Regent's Park, beautiful furniture,

pictures, hangings, carpets, etc. They look very different from the usual consulting-rooms, for there is no medical instrument on view, nor is the nose affected by the smell of antiseptics, nor does a nurse dressed in white open the door.

I spoke a few friendly words to the servant, and told her that she did not look as well as she ought to look, and asked what was the matter with her. She replied: "It is my breast."—"Let me have a look at your breast." To my surprise she took off garment after garment, and when she had divested herself of four or five garments, she took out cloth pads and other contraptions protecting the breast. At last the breast itself appeared, and I found it absolutely normal. "What is the matter with your breast?" I enquired. "I have a pain in it." I looked hard into her eyes, and asked: "Do you think it is cancer?" With a sob, and almost inaudibly, she whispered: "Yes, I believe it is cancer." I cheerfully replied: "There is as much cancer in your breast as there in my boot, and that is that. What else is the matter with you?"—"I have a germ in the kidney."—"And how do you know that you have a germ in the kidney?"—"The doctor has told me so."—"But why did you go to the doctor?"—"I had fearful pain in the bladder, I had to make water every ten minutes, and it burned terribly, and I was in despair."—"Well," I replied, "you had an ordinary inflammation of the bladder, and I don't know that it had anything to do with the kidney. Are your bowels in order?" She replied that she was terribly constipated, that she had a motion once or twice a week. It was quite obvious to me that auto-intoxication from the bowel had infected her bladder, and that the most important thing for her to do was to keep her bowels in order.

Instead of putting her bowels in order, the doctor frightened the poor soul by telling her she had "a germ in the kidney," and he had given her the most amazing diet. She was forbidden flesh, fish and fowl, which was sensible. She had also been forbidden eggs and cheese and tea, which was idiotic. She was told that to the end of her days she must drink every day

two quarts of barley water without sugar, and eat quantities of cabbage, drinking the water in which the cabbage had been boiled. It came out that she lived chiefly on cabbage, cabbage water, and barley water without sugar or flavouring, and the diet not only weakened her greatly and took away all her strength, but nauseated her and made her feel desperate.

I told her to replace barley water with very weak China tea with plenty of milk and brown sugar. I gave her two to three eggs a day, mild cheese, plenty of fruit and vegetables, and gave her as medicine Calcareo Phos. 3x, a dose night and morning, to strengthen body and heart. Before meals she was to take a combination of Ignatia and Carbo Vegetabilis to help her digestion and to combat her depression, and between meals she was to take a dose of *Cantharis* 12x to allay the irritation of the bladder. Needless to say, she was given liquid paraffin to keep her bowels in order, and that priceless and strengthening and bowel-regulating food, bran, in large quantities.

She was to have two or three motions a day instead of one or two motions a week. She was terrified at leaving off the cabbage water and the unsweetened and unflavoured barley water. She feared that she would die very promptly. However, I succeeded in allaying her fears, and in a very few weeks the gloomy and desperate woman became the picture of health and happiness. She worked with zest, her jaundiced looks were replaced by pink cheeks, she had merry bright eyes, and whenever I went to the house she overflowed with gratitude for what I had done for her.

It seems inconceivable that a doctor should terrify a poor and ignorant woman by telling her that she had "a germ in the kidney," and that a medical man should have so little imagination as to put a patient on a nauseous diet which did not give the poor woman adequate nutriment.

CHAPTER XXVIII

"THREE MONTHS TO LIVE"

A COMPLETE CURE

IN a town fifty miles north of London there dwelt a wealthy business man with his wife. They had started married life in the utmost poverty, working for their living. For many years life had been a terrible struggle for them. The man earned only a small weekly wage, and very frequently was out of work. A number of children came in course of time. The devoted wife starved herself, first for her husband, and then for her children, for many years. After years of difficulty there came success, prosperity and at last wealth. Still the years of struggle told heavily on both, but especially on the wife who had always been delicate.

Mrs. F. had many health troubles. Orthodox doctors were called in. They did the best they could, but she remained in a low state of health. In 1935 her condition became serious. She went rapidly downhill. She lost a great deal of weight and became terribly jaundiced. The doctor in attendance was puzzled by the case. His prescriptions had no effect upon the poor woman, who continued declining. In view of the obscurity of the disease, which he could not diagnose, he called in a good radiologist who reported on December 13th, 1935, to the doctor:

"Your patient, Mrs. F., is a most interesting and at the same time a most puzzling case. I have seen her on five occasions and examined the stomach twice by means of a barium meal, and the gall bladder twice after the oral administration of dye (Stypolac). The following are the radiological findings:

"Gall bladder: No evidence of opaque gall stones.

"Barium-filled stomach: There is an incisura

present in the greater curvature at every occasion. The apparent stricture I do not think is malignant. There is no evidence of duodenal ulcer. There seems to be some tenderness on deep palpation. There are no definite diagnostic criteria resulting from the radiological investigation, although I think on the whole that the findings rather support the clinical diagnosis of a pancreatic lesion. In the event of there being a laparotomy (experimental opening of the whole abdomen) I should be very glad if you would let me know the findings."

In view of the obscurity of the position, the doctor in attendance suggested that a London consultant should be called in. The consultant arrived. He discussed the position with the doctor, examined Mrs. F., looked at the X-ray plates, and came to the conclusion that Mrs. F. suffered from cancer either of the pancreas or of the liver, and he expressed the opinion that nothing could be done, and that she had not more than three months to live. He charged fifty guineas for his opinion and then departed.

Mr. F. loved his wife, who had participated in his struggles. He was in despair. All his men noticed his terrible depression and deep sorrow, and hundreds of his employees, who worshipped him, discussed the illness of Mrs. F., of which they had heard through the servants or the nurse in attendance. Some of them talked to Mr. F. and a number of them, whom I had successfully treated, urged Mr. F. to consult me. On February 4th, 1936, when six weeks of the three months allotted to Mrs. F. by the London consultant had gone by, the despairing husband wrote to me:

"Your name has been given to me by many people in this district as one who will be able to do my wife some good. Could I possibly crave your attendance for the best woman that ever lived in the world, and for my sake, you coming over. If you can do this, I shall feel that I have done all there is in my power to do, as my friends press me every day to seek your advice."

On Sunday, February 9th, 1936, I went to see Mrs. F. I found her lying in bed. She was totally emaciated, deeply jaundiced, the whites of her eyes

MY TESTAMENT OF HEALING

were deep yellow, her tongue was thickly coated, her motions and urine were extremely foul, and she had that expression of desperation which is one of the worst diagnostic signs I know. My first impression was that she looked exactly like a case of liver or gall-bladder cancer.

She had never been strong, she had borne five children, and she had had much trouble with her abdomen. Eight years previously an exploratory operation had been made which did not disclose anything of particular interest. That part of the bowel which is called the cæcum was opened, the bowel was stitched to the abdominal wall, and through the wound which was kept open the bowel had been disinfected for eight years by means of a syringe, an incredible proceeding.

Some months before I visited Mrs. F. she was given a douche by way of the artificial cæcum opening. The water had been too cold. She felt badly chilled, developed discomfort, pain and jaundice, and began to lose weight. The London specialist had expressed the opinion that there was cancer of the pancreas or liver and that the exact position of affairs could be ascertained only by an exploratory operation which had been suggested by the radiologist and the physician in charge, but obviously such an operation was quite out of the question because, owing to her terribly weak and foul condition, Mrs. F. would probably have died on the operating-table.

I looked at the poor woman and asked her a few questions, but I did not subject her to the usual physical examination which would have been inconclusive, as her doctor and the London specialist had examined her. Besides, I should have inflicted pain upon her by pressing my fingers deep into her abdomen. Whenever I find a growth, I consider that growth as a protective arrangement of nature, nature trying to isolate the disease within the swelling. I therefore never press upon a swelling because I consider such pressure to be dangerous.

I felt her body with my finger-tips; found that her muscles were utterly flabby and lifeless, and the only examination that I undertook was that I asked her to

put out her tongue and give me her wrist for feeling the pulse.

Mrs. F. had been living on a foulness-creating diet. In the time of her poverty she had lived on the cheapest food, and now she had flesh and fish two or three times a day, she took practically no vegetables, no potatoes, no liquid. She took plenty of spices and condiments.

Although she lived on a putrefactive diet, her doctor had not found it necessary to change it, but had given her medicines of the carbolic-acid group to disinfect her bowel, which obviously had not fulfilled the purpose for which they were given. Although I allowed for the possibility of a malignant growth, I felt convinced that improvement of the diet and the taking of medicines designed to improve the functioning of liver, gall bladder and other organs would vastly improve her condition. I therefore told the woman that I had every reason to hope that she would feel vastly better within a week, and took my departure.

The next day I dictated my directions, in which I stated:

"You are rather thin, are terribly anæmic, almost bloodless, very deeply jaundiced, with a waxy, lemony kind of yellow, there is much irritation of the skin, the liver appears to be enlarged. I have not examined it myself but have taken the word of the nurse for it. Urine is scanty and dark with much bile. Obviously the liver and gall bladder do not function.

"You are lamentably weak but give me the impression of being fundamentally healthy, have bright eyes, glossy hair, are wonderfully patient, courageous and cheerful. The tongue is always coated. You have lost about a stone in weight, get a temperature in the evening, feel best in hot weather, but cannot stand great heat. You like highly-spiced food, take vast quantities of salt, to your injury, but hardly any liquid.

"You take plenty of meat, very little vegetables and fruit, and your diet is as faulty as can be. Food is cooked in aluminium, you get much gas from the stomach, like best to go about with your hat off, use

Dettol to wash out your cæcum. You take Ego-Sholin for your liver, try to disinfect your bowels with Dimol. Motions are very foul, to your danger, you have been vaccinated twice, used to have dreams of falling, get depressed, are emotional.

"Your case is a desperately difficult one, and it will take a long time to get you into order, but I hope and imagine that within a week you will have lost your jaundiced look and will feel vastly better."

My directions gave the first ray of hope to the stricken household. The woman was in a terrible condition, but I had encouraged her by dwelling upon her "fundamentally healthy constitution," and had promised her that "within a week" she would be less jaundiced. However, I had decided to treat her immediately for cancer of the liver and gall bladder. I had to give her dietetic directions allowing for malfunctioning of the liver and gall bladder. In view of the putrefaction in her bowel, I forbade flesh, fish and fowl. She was not to touch spices or condiments except salt, of which she was to take the minimum quantity. She was to have a diet rich in vitamins with an abundance of bran, and particularly she was to take a superabundance of liquid. Her constipation was largely caused by insufficient liquid.

In order to stimulate the action of the liver and gall bladder, I prescribed for her one, two or three pig-bile tabloids to be taken with meals. The ancient Greeks and Romans knew that the bile of animals stimulated the functioning of the human liver and gall bladder, but they did not know how to give the liver and gall bladder discharge of animals in a palatable form. Happily that can be done when one takes sugar-coated, pig-bile tabloids.

In order to clear her skin, I gave her Sulphur 6x, a dose to be taken first and last thing. Between meals she was to take a dose of Cholesterin 2x, Cholesterin being a homœopathic remedy for liver cancer. Before meals she was to take a dose of Hydrastis mother tincture which acts on the liver, gall bladder and bowels, and which, at the same time, is a general cancer remedy. She was also given occasional doses

of Natrum Muriaticum 30 because of her craving for salt.

There was a suspicion of tuberculosis in her family and she was therefore given a dose of Tuberculinum in the 200th potency once a week. In order to ensure adequate motions, she was to take liquid paraffin three times a day three-quarters of an hour before meals, and, as an additional liver and kidney stimulant, she was to take an abundance of Vichy Water.

The doctor in charge had considered the case of Mrs. F. hopeless, especially as the London specialist had given the prognosis that she had, at the most, three months to live. One would have imagined that he would have been glad that an outsider was trying his hand on such a desperate case. Unfortunately he adopted a very different attitude. Mr. F. wrote to me after my visit:

"We have had a little trouble with the nurse and doctor because they immediately gave up the case. However, myself and my family are determined to help you all we can with this treatment and get our mother well. The nurse kicked entirely over the traces. However, myself and the family had a cabinet meeting and decided to go on with your treatment, and hope that under the same and the Lord's good hand there will come restoration to health."

I had seen Mrs. F. on February 9th, and had sent my directions on the 10th. On the 15th, after four days' treatment, Mr. F. wrote: "The jaundiced look on my wife's face is less pronounced." On the 18th, after a week's treatment, Mr. F. reported: "Everybody thinks there is a decided change in Mrs. F.'s condition for the good. Her colour is much better, although the yellow has not entirely gone. Her appetite is good and the motions are less offensive. The only new symptom is that the irritation of the skin generally has again occurred."

I had promised Mrs. F. that she would be better "within a week," and my forecast came true. I was overjoyed. The irritation of the skin, which was quite unbearable, was, of course, due to the malfunctioning of the liver and gall bladder. The bile had gone into

'the blood, and had produced unbearable irritation of the skin, which is frequently found in those who have serious liver trouble. I wrote to the husband: "I am tremendously pleased with your magnificent report on your wife's condition. She has reacted marvellously during the first week of treatment and you have every reason to take an optimistic view of the future owing to her splendid reaction. You do not know how overjoyed I am, and with what impatience I have been looking forward to that letter of yours. I am anxious to get her into order, and I shall do everything humanly possible."

This letter naturally encouraged the patient. I sent her the same medicines as she had had previously, and on February 23rd, a fortnight after my first call, I went to see her again. I found her marvellously improved, and I wrote to her on February 24th: "I was delighted with our interview. In a fortnight you have improved immensely, far more than I had thought possible when I saw you first. As I told you, you have made so much progress that I would have been satisfied if you had made that progress in two or three months instead of in two weeks. You have responded magnificently. I knew how much better you were as soon as I touched your hand, which had a firm grip with splendidly resilient muscles. As far as I can make out you have gained 5 lbs. according to the weighing machine, and you must have gained several pounds more owing to conversion of water in the tissues into solid flesh. A fortnight ago I did not dare to feel your liver because of your extreme weakness. Yesterday I examined your abdomen and found no enlargement. Happily your jaundice has disappeared, the whites of your eyes are clear instead of being yellow, you have red lips again, and you have lost the deadly pallor of bloodlessness, and you feel stronger. Your motions are now inoffensive, and you are a different woman. There remains some itching of the skin which will disappear with further clearing up of the blood stream. You have lost your evening temperature." The evening temperature is a serious sign. It is frequently found in the tuberculous. The fact

that she had possibly that trouble had induced me to give her Tuberculinum.

As the itching of the skin continued, I gave her a few doses of Podophyllum, an excellent liver medicine. Then she complained about being depressed, so I gave her Ignatia 3x, a dose as needed, which is an excellent depression remedy. Then she got a chill, and I sent her some Aconite.

On March 20th I thought it desirable to alter medication. I sent her Lycopodium 12x, a dose first and last thing, because Lycopodium is a great liver medicine. It acts on the right side of the body, and the right side of Mrs. F. was her weak side. In addition, I gave her Ferrum Phosphoricum 2x, marked "tonic and blood making, one or two tablets to be taken after meals." She had been vaccinated and frequently had dreams of falling, a sign of vaccinia poisoning, for which Thuja was indicated. I gave her a dose of Thuja 200 once a week, and as she had had smelly feet, I gave her once a week a dose of Silica 200 marked "strengthening."

On March 29th, seven weeks after the first interview, I visited the house of Mrs. F. and took dinner with the family. Mrs. F., instead of lying in bed looking like a dying woman, received me in the drawing-room, elegantly dressed. She was a charming hostess, took me about the house, and we sat down to dinner, and no one would have realised that she had been in a desperate condition only a few weeks previously. I wrote to her on the following day: "I was extremely delighted with your appearance. When I first saw you on February 9th, you were terribly jaundiced and desperately weak. Yesterday you were a charming hostess, and no one seeing you for the first time could have imagined that you were not in perfect health. You have improved immensely in every respect, but there remains a good deal of itching of the skin, and, curiously enough, the itching is particularly bad on the back of the hands, knees, and across the stomach, and the irritation is worst at night."

"You complain that you occasionally get a rush of blood to various parts, have a feeling of emptiness and

weakness proceeding from the stomach, a feeling of giddiness and faintness, wake up at three o'clock in the morning. You do not eat enough, and your insufficient increase in weight is very likely due to the fact that your food is too sloppy. I want you to take very thick soups or stews, thickened with barley flour, arrowroot flour, bean flour, pea flour, etc., and to take plenty of liquid, such as decoction of bran, between meals."

Mrs. F. felt so wonderfully well that she wished to go on a cruise to Africa. When I visited her first she was too ill to come to London or to travel even a short distance. I strongly advised her not to risk a long sea voyage. In view of the fact that she felt worse between two and three in the morning, that her weakness seemed to be concentrated in the stomach, and other symptoms, I gave her Kali Carbonicum 6x, marked "Weakness of the stomach, a dose to be taken first and last thing," and Cinchona Rubra, mother tincture as a tonic, and Crataegus, mother tincture, to strengthen her heart.

Further improvement followed. Of course, she was given Cholesterin steadily and pig-bile tabloids, to keep gall bladder and liver working, in view of the possibility that after all there might be actual cancer, or a cancerous tendency in liver or gall bladder.

Mrs. F. had done very well. It is dangerous for patients to recover too quickly, because they are apt to get reckless. She left off the vegetarian diet, took flesh, fish and fowl, and neglected to take her medicines. Not unnaturally, she had a set-back and she confessed the transgression. I wrote her a strong letter and she repented and took up the diet which I had originally prescribed.

On Saturday, May 16th, 1936, I saw her at my country place where I had invited her to dinner. She came over that day from Bournemouth, and the motor run took several hours. She was lively and animated, looked in perfect health, and I was most delighted. She complained about sleeplessness through over-activity of the brain. So I gave her some Coffea Tosta 3x for that trouble.

On June 10th I changed medication because she had another set-back, probably because the long motor run had exhausted her. Her husband told me that she had begun to look jaundiced, and that she perspired heavily, particularly at night. Night sweats suggest tuberculosis, and I sent her Calcarea Phosphorica marked "Strengthening, a dose to be taken first thing in the morning." I also sent Kali Carbonicum 6x because of the aggravation shortly after midnight, to be taken last thing only, and as I feared that after all there was cancer, I sent her Natrum Cacodylate 1x, a dose before meals. Every Saturday night she was to take a dose of Carcinosinum 200, and every Wednesday night a dose of Bacillinum 200.

She reacted well to the new medicines, and then she began to be troubled with colitis and burning urine. For this trouble I sent her Cantharis 3x and Terebinthina 3x to be taken in alternation. Both are excellent medicines for colitis and inflammation of the bladder. I also sent her Uva Ursi mother tincture, an excellent liver medicine, marked "Liver and burning urine, ten drops to be taken in water before meals. Before long there was an improvement. Then her stools became frothy, for which she was given Podophyllum 3x and Mercurius Vivus 6x to be taken in alternation.

Mrs. F., believing that she was much stronger than she actually was, overstrained herself and had another set-back in June, 1936. I sent her a combination of Cinchona Rubra and Gentian mother tincture, ten drops to be taken before meals, as an appetiser. In addition she was given Ferrum Phosphoricum as a tonic and blood-making medicine. In July, when Mrs. F.'s liver was not acting very satisfactorily, I gave her Hydrastis, Berberis, and added Chelidonium mother tincture, and soon she looked well once more. Then came another set-back with a temperature, and as she had had night sweats occasionally, I gave her once more Bacillinum 200, a dose once a week, and Arsenicum Iodatum 3x, a specific for tuberculosis, after meals. She improved and went for a cruise to Scandinavia.

On October 27th, 1936, after her return, Mrs. F.

visited me at my consulting-rooms. She had come up by car, felt in no way tired, looked the picture of health and happiness, and I wrote to her: "You looked wonderfully well, have apparently gained a stone and a half since you came under my care in February of this year, your jaundice has disappeared and apparently you have greatly benefited from the cruise upon which you embarked, much to my dismay, because I thought of the possibility of a serious set-back when out of my reach. In your opinion, your trouble was largely due to nerves and worry, and the mere fact that you were away from England on board ship has, according to you, proved of the greatest benefit. Although the nerve factor is undoubtedly important in your case, I am perfectly certain that you had an extremely serious organic trouble in February, which seems to have disappeared. At that time, your liver, or pancreas, was very seriously affected, but I daresay that that trouble is by now infinitely better, or almost gone. You can be quite certain that no nerve factor would have caused deep jaundice and terrible itching due to the bile going into the blood instead of into the bowels."

"Mrs. F. felt so well that she went to the West Indies, and after her return I did not hear from her. On June 15th, 1937, her married daughter wrote to me: "Mother is wonderfully well, but does not look strong, but what can you expect when she lives the life of an ordinary woman? She does not look after herself in any way and really rests only when she feels she cannot keep going any longer! I am afraid she is a hopeless patient, and she simply will not diet or take medicines if she can help it! But she certainly is one of your most marvellous cures."

Mrs. F. has become perfectly normal. She is a woman of extraordinary energy and she has never spared herself. She was able once more to work to the point of exhaustion. For all practical purposes one may say that she is now absolutely normal. Yet her relatives were told at the end of 1935 that she had only three months to live. At that time she was terribly emaciated, was deeply jaundiced, and the position in her abdomen, as tested by palpation with the finger

and by X-ray, was so serious that the diagnosis of cancer was made. She certainly looked like a cancer patient in a very advanced stage. Whether it was actually cancer or not matters little because she is now normal. The worst thing which a doctor can do is to be guided by a depressing diagnosis, which may be mistaken, and by the name of a disease which fills the patient and his family with terror. Every practitioner has seen numerous recoveries from diseases diagnosed as cancer. After all, we know very little about cancer.

CHAPTER XXIX

SOME INTERESTING CANCER CASES AND CANCER CURES

DOCTORS and the public are frequently told: "Cancer is incurable except by operation." Doctors who discover a tumour anywhere immediately tell the patient to go to a surgeon, because they do not wish to have the responsibility of advising them. They have been terrified by the surgeons into absolute subserviency to them. The surgeon will reproach a doctor if a patient with a tumour, even if it is of doubtful character, has not been sent to him immediately. Surgeons have written numerous books on the treatment of cancer, and on the cure of cancer. One of these books has the title, *Cancer is Curable*, and, we are told, there is no treatment for cancer except operation. I class Ray treatment among operations. In my opinion the proper treatment of cancer does not consist in surgery. Cancer is, in the vast majority of cases, and possibly in all cases, a blood disease, not a local disease. The fiction that cancer is a local disease and that it can be cured by a timely and drastic operation is untenable. The surgeons have had a monopoly of cancer treatment for decades. They have urged early operation for many years, and their opinion has been endorsed by health authorities both national and local. Early operations for cancer have increased fabulously. Nevertheless the mortality from cancer throughout the world is increasing from year to year. During the last twenty years cancer deaths have doubled in England and abroad, and the enormous number of early operations has in no way slackened the ever-rising tide of cancer deaths.

The assertion that cancer is incurable except by operation is wrong. Cancer specialists have collected

hundreds of cases in which a spontaneous cure of undoubted cases of cancer took place. Every good doctor has seen cancer cures, and it is, of course, a moot point whether the cures which took place were effected by unaided nature, or owing to the ministrations of the doctor or some lay healer.

Homœopathy has been particularly successful in the cure of cancer. One could collect from homœopathic literature hundreds of undoubted cancer cures. Unfortunately orthodox medicine treats homœopathy with contempt and refuses to investigate undoubted cancer cures, which have been performed by fully qualified, registered medical practitioners who have taken up homœopathy after having passed the usual orthodox examinations and obtained their medical degree.

Homœopaths labour under considerable difficulty in treating cancer. Few homœopathic doctors dare to do so because they fear reproaches on the part of the surgeons, and reproaches from the families of their patients, who have learned from the surgeons that there is no treatment for cancer except surgery. Besides, the patients are apt to go to homœopathic doctors or lay healers only when orthodox treatment has failed, when the case is so far advanced that it seems hopeless. Also, cancer cases which come to the homœopath have usually been treated drastically with medicines, surgery, injections, etc., and thus they have become unmanageable because of the violent interference with the constitution of the sufferer.

I have never hesitated to help people who have come to me with the diagnosis of incurable and inoperable cancer, however distinguished the individuals were who had made this diagnosis, and I am happy to say that in a considerable number of cases the patients have recovered their health. Of course I wish it to be understood that in the cases described the diagnosis of cancer was not my diagnosis, but the diagnosis of somebody else. However, I never accept any diagnosis or prognosis, but merely endeavour to cure without much regard as to whether the so-called disease is called cancer, sarcoma, glioma, or whatever the name

may be. I am not interested in the name of the disease, but in the needs of the patient.

If one has cured a patient with cancer, and informs the doctor or surgeon who has pronounced the case incurable, the individual who made the terrible forecast frequently says, smilingly: "It is quite true I diagnosed the case as cancer. Very likely I was mistaken." Orthodox doctors and surgeons consider it beneath their dignity to take notice of cancer cures effected by unorthodox practitioners, qualified or lay. At the best they will ask, with a certain haughtiness: "What is your specific for cancer?" The orthodox doctor and surgeon lives under the delusion that diseases bearing the same name can be cured by giving all the patients suffering from that disease a standardised specific. Homœopaths have no specific for any disease. Each case of cancer must be treated individually on its merits. That is, of course, an idea which is totally foreign to the orthodox practitioner, who treats diabetes with insulin, rheumatism with salicylates, etc.

Cancer of the Esophagus.

On the 25th April, 1938, Lady C. wrote to me: "We have heard of the wonderful cure you have effected in the case of my friend, Miss A., and are most anxious that you should see my brother-in-law, whose case I have stated in an enclosed typescript." The typescript stated that Mr. C. was 79 years old, and had enjoyed good health except during the last twelve months. About fifteen months ago mucus began to accumulate in the chest, and it gradually increased in quantity. Six or eight months ago the taking of food and drink began to cause trouble which was attributed to indigestion. There was much hiccoughing, and at times part of the food or drink taken was ejected.

On the 9th April, 1938, the trouble became very acute. No sooner had he swallowed half a glass of water than it was brought up, and the same happened if porridge or Benger's Food was taken. The doctor called in a specialist, who, after a careful examination, concluded that Mr. C. suffered from a stricture of the

œsophagus. The patient was sent into Guy's Hospital, was X-rayed, and under an anæsthetic the swallowing tube and stomach were examined with a gastroscope, an arrangement of tubes with a reflector and an electric light, with which one can examine carefully and at leisure any part of the stomach. It was discovered that low down in the swallowing tube a quantity of food had accumulated, which was cleared out. Lady C. was informed that her brother-in-law suffered from cancer low down in the swallowing tube, that nothing could be done except to open up the stomach from the outside, insert a tube, and feed Mr. C. by means of that tube and a funnel. Mr. C., when lying in bed, looked like a dying man, and his friends and relatives took the gravest view of his case. Their friend Miss A., whom I had treated for various serious troubles, urged them to call me in. Lady C. went to the hospital to have her brother-in-law removed. The surgeon told her that Mr. C. should be operated on immediately, and that it would be dangerous to take him away. At the same time he expressed the opinion that, in view of Mr. C.'s age and great weakness—he had lost more than two stone during his illness—he might die either on the operating-table or a few days after the operation.

On the 29th April, 1938, Mr. C. was brought to my consulting-rooms. He was very emaciated, looked very pale, with a deeply jaundiced hue, and he was terribly depressed. He obviously sensed that he had been condemned to death by the eminent doctors and surgeons who had been called in. I tried my best to encourage him, made a few jokes, but I did not wish to inflict a physical examination upon him. A physical examination of a man in Mr. C.'s condition would have been veritable torture. I asked him a number of questions, discovered that he had been living on a very faulty and heating diet, that he had been very constipated, that he had had painful bowels, that aluminium was used in the kitchen, that he had been vaccinated twice.

As he was very depressed, I gave him a dose of *Ignatia 3x*. I did not know whether the disease at the bottom of the swallowing tube, the œsophagus, was

cancerous or not. The exact character was a matter of indifference to me. I did not even look at the X-ray plates, and did not take them out of their envelope. So much was certain, that there was a swelling, and as there was a swelling, I gave him at the time a dose of Melilotus 1x, which is excellent for congestion of any kind, and almost anywhere. Having given him these two doses in order to help him a little, and both medicines are likely to act promptly in suitable cases, I asked him to lie down on the sofa, and I placed one hand on his stomach where the impediment was situated, and the other hand under his back in the corresponding position. People tell me that I have healing hands. After a few seconds he felt something like a current going from one hand to the other, and felt much easier. I kept my hands on him for about ten minutes, and then asked him to get up. He felt much better, looked distinctly better, became quite cheerful, and instead of offering him cold and useless advice, I offered him a glass of very nice sherry. He drank it and kept it in instead of vomiting it.

I discussed the position with him and his sister-in-law very thoroughly, and sent him away with a diet-sheet. As the swallowing trouble was serious, I could only give him liquid and semi-liquid food. He was to be fed on thick barley gruel, made with water and a dash of milk sweetened with honey or black treacle. Later on he was to have basins of Hovis bread and milk sweetened with black treacle, and later on still he was to have bran porridge. Further, he was to have two or three raw eggs beaten up in milk with a dash of wine. Later on boiled or poached eggs, superlatively weak China tea, half milk, sweetened with Demerara or honey, thick potato soup, vegetable soup, soups of every kind, vegetables mashed and sieved, mashed potatoes, custard, and he was to drink an abundance of bran decoction.

As Melilotus, which I had given him for the congestion at the bottom of the oesophagus, had apparently done him good, I gave him Melilotus 1x, a dose to be taken every two hours, and a combination of Ignatia and Carbo Vegetabilis marked "Digestion and depres-

sion"—to be taken before meals. As he had a lot of horribly stringy phlegm which inconvenienced him greatly, I gave him for this trouble *Coccus Cacti* 1x—a dose to be taken first and last thing. As aluminium poisoning might have been at the bottom of his trouble, he was to have last thing every Saturday a dose of *Alumina* 200, marked "Aluminium antidote." As there might have been some septic factor which one might deduce from his very stagnant bowels, he was to have last thing every Wednesday a dose of *Pyrogen* 200, marked "Septicity," and as vaccination might be another possible cause, he was to take every Monday night a dose of *Thuja* 200, marked "Vaccination antidote."

Mr. C. had come to me in the deepest depression. He left my rooms an hour after feeling cheerful and very happy. For the first time since the beginning of his illness somebody had given him hope, and reasonable hope. He received my directions on the 12th April, and on the same day he wrote to me: "I must thank you for the care, attention and kindness you have shown to me. I had almost lost hope of any material improvement of my condition, but I now feel that under your care I have a good prospect of recovering a large measure, at any rate, of my former health. With that prospect in view, and with the aid of the medicines you gave me at your rooms, I already feel better, and am much more cheerful."

A good beginning is very important in the treatment of desperate cases. Mr. C. had made an excellent beginning, and he continued doing well. On the 10th May Mr. C. came to see me for the second time. To my amazement his weight had increased from ten stone to 10 stone 5½ pounds, and I wrote to him: "I was more than delighted with your appearance. You looked positively bucolic, have a marvellous colour, sparkling eyes, glossy hair, and your weight has gone up from 10 stone to 10 stone 5½ pounds, and now you can improve your diet. Add to it now mashed potatoes, mashed fresh peas, vegetable stews thickened with pea flour, bean flour, etc., bread and butter pudding made with wholemeal bread, etc. What a blessing you did

not allow the surgeon to operate and feed you through a tube."

The next day Mr. C. wrote to me: "I am glad to say that, thanks to your treatment of my case, I am so much better and more cheerful, and feel sure that I shall continue to improve."

On the 16th May he wrote to me: "I am now 10 stone 8½ pounds. I can take the food you prescribe without bringing any of it up again. I am feeling much more cheerful, and also somewhat stronger, and enjoy going out for short walks morning and afternoon."

On the 29th May, when Mr. C. had been exactly one month under my treatment, he wrote to me: "I am glad to say that I continue to progress. I enjoy my meals and find no difficulty with the more substantial foods that you have prescribed. I am 11 stone, an increase of exactly one stone in a month! I have done a little light gardening, and go for short walks, about a mile, morning and afternoon, if the weather is fine. This does not over-tire me, and is a relief from the monotony of sitting at home and reading all day. I have now been a month under your care, and can only say that the improvement in my health and consequent enjoyment of life since I first came to you on April 29th has been wonderful. If this improvement continues, as I feel sure it will, I shall eventually be as strong and vigorous as I was before my health began to decline. For all this you have my very grateful recognition and thanks."

While Mr. C. celebrated a month's treatment by a letter of thanks to me, his sister-in-law, Lady C., thought it incumbent upon herself to thank her friend, Miss A., for having urged her to appeal to me for help. She wrote a long letter to Miss A. in which occurred the following sentences:—

"My brother-in-law is really and truly the nearest thing to a miracle, for if you had seen him when he came out of Nuffield House, Guy's Hospital, and realised that they had done nothing for him, you would have agreed with the doctors there that he could not possibly live for many weeks. And now! He has

actually put on a stone in weight since he first saw Mr. Ellis Barker on April 29th, and can eat solid food and plenty of it, when the verdict of the specialist and the surgeon was that it would be impossible for him to swallow anything but liquid, and that, by postponing the operation even for a fortnight, I was taking a great responsibility and rendering the prospect of his surviving the operation rather doubtful.

"You can imagine how I thank God that I did take the responsibility and that through your kindness we were directed to Mr. Ellis Barker. He has really been an angel of kindness, and he certainly has reason to be very proud of the wonders he has worked in Frank's case. But you know all about his goodness and kindness in the really loving care he seems to lavish on his patients."

Doctors and lay healers who have their heart in their work, who love their patients, will receive love from their patients and from the relatives of the patients. I have received many similar letters, which I usually do not quote. Many of my patients have told me that they pray for me every night.

Mr. C. continued to do well. The swallowing difficulty had been overcome with *Melilotus* 1x. I had given him as a tonic a mixture of Hydrochloric Acid, Alfalfa mother tincture and Ignatia mother tincture, and from week to week I gave him whatever remedies were needed by his symptoms. On the 6th June he wrote to me:

"I am, thanks to you, very much better than when I came to you first, and all my friends express wonder at my improved appearance."

A little while after this letter was written he complained that he had a very painful stiff neck. The cause was as follows. Some repairs were needed on the roof of his house. A man had tilted a very long ladder against the roof. Mr. C. wanted to see what was being done, and notwithstanding his 79 years and his past severe illness, he climbed up the whole of the long ladder and stood on the roof supervising the work of the man. An icy-cold gale was blowing against the back of his neck. The man who had been lying in

Nuffield House looking like a corpse was able to act like a young man. On the 29th June, when he had been two months under my care, he told me that he had gained 21 lb. since I took him in hand. By August he had gained more than 30 lb. and could eat everything.

The diagnosis of cancer of the stomach was partly based on the actual examination of the inside of the stomach by means of a gastroscope, and partly on X-ray pictures. I never opened the envelope, and usually take no notice of the views of doctors, specialists and surgeons, much to the good of my patient. It might have depressed me if I had seen that there was, according to the X-ray, a condition suggesting cancer. Many scientific tests are unreliable. Those who put their faith into shadows shown on X-ray photographs are hunting shadows, and often lose the substance.

A Case of Cancer of the Womb.

On the 16th December, 1937, I was visited by Miss M. She was 49 years old, and she came to me complaining about bleeding from the front passage, which had been going on for about two years. Miss M. and her friends had attributed little importance to this phenomenon because they were of the opinion that the flow was due to the change of life. Only after the trouble had been in existence for two years they thought it worth while to seek expert advice, and as friends of hers had benefited greatly under my treatment, they sent the lady to me.

I was horrified by her appearance. She looked bloodless, deeply jaundiced, almost brown, was terribly depressed, could not look people in the face, had difficulty in replying to simple questions about her food or anything else, seemed nervously and mentally very abnormal. I made her undress, and discovered that she had in her abdomen a growth as large as the bottom of a cottage loaf, and as deep, which means about six or eight inches across and two or three inches deep. The growth was moderately hard. From the character of the growth, and from her ghastly colour and the constant oozing of blood and pus (the dis-

charge was very foul), I feared that the growth was cancerous. I did not wish to have the sole responsibility in the case. I therefore asked her to see a Harley Street authority so that I need never reproach myself for having acted single-handed in this matter, but, before sending her to a Harley Street physician, I carefully went into her case.

I discovered that she took enormous quantities of salt, about a tablespoonful a day, that she had had pneumonia badly when fifteen, that she had dreams of flying, which is an indication of vaccinal poisoning, that she had had appendicitis, that she had had paratyphoid badly, that she had been constipated for many years, and that she had been vaccinated when twenty, and had had a terribly bad arm. She came from very poor stock. Her mother had a weak heart and was very deaf, her father died from some obscure nervous and spinal disease leading to paralysis. She ate meat or fish three times a day.

I placed her on a lacto-vegetarian diet, regulating her bowels with paraffin, gave her an abundance of bran, etc., and arranged for an interview with a Harley Street physician. As Miss M. was extremely nervous and timorous, she was on no account to know what I considered to be the name of her disease.

After a few days I heard from the Harley Street physician that she undoubtedly suffered from cancer. He had the modified Bendien Test made, and the report was that Miss M. suffered from cancer of the most malignant character. The test was made by an able pathologist, but whether the Bendien Test or the modified Bendien Test is reliable I cannot say. I have not a very high opinion of any scientific test. However, notwithstanding the dreadful verdict, I treated Miss M. vigorously. I gave her in alternation Phosphorus 3 and Hamamelis mother tincture tablets to regulate the bleeding. Phosphorus is excellent for hæmorrhage with bright blood coming from the arteries, and Hamamelis is excellent for bleeding from the veins, which carry dark blood. In addition I gave her a combination of Ignatia and Carbo Vegetabilis marked "Digestion and depression—a dose to be taken before

meals," and China mother tincture tablets marked "Tonic and blood-making—a dose to be taken between meals."

I tried to build her up with medicine and diet to stop the bleeding and to conquer the anæmia. After a few days I changed medication. I gave her first and last thing a dose of Aurum Iodatum 4x marked "Bleeding." This medicine is almost a specific for uterine growths. It is excellent for fibroid tumours, of the womb, and very frequently proves helpful in cancerous growths, as well. I continued giving her the medicines for hæmorrhage. In addition I gave her, after a time, Natrum Muriaticum 200, marked "Salt antidote—a dose to be taken every Tuesday," to antidote the large quantities of salt which she had habitually taken. On Thursday nights she was to take a dose of Syphilinum 200, because I thought it possible that the troubles of Miss M.'s father might be due to venereal disease, and that she might have inherited the taint. As she was undoubtedly poisoned with vaccination, she was to take every Saturday night a dose of Thuja 200 marked "Vaccination antidote."

Miss M. visited me about once a week, and to my joy she promptly started improving. At every visit I noticed that her colour was better. Her nervousness became less, she could look people in the eyes, she began to smile, she developed a pleasant expression, her hair became glossier, she became cheerful, laughed, and every time I examined the abdomen I found that the growth had become smaller and softer. Strangely enough, Miss M. never knew that she had a growth in the abdomen. Many women are extremely unobservant. They go about with enormous tumours, and imagine that they have only an accumulation of fat. Further, Miss M. put on weight, became distinctly stronger, and could go for long walks. Her friends were amazed at her improvement. I sent her a few times to the Harley Street physician, who was surprised at the lady's progress. I continued giving her the medicines previously mentioned, particularly Aurum Iodatum 4x, on which I concentrated right through.

In February I sent Miss M. once more to the physician in Harley Street. He was amazed at the improvement in the appearance of the patient, and still more amazed at the extraordinary shrinkage of the abdominal growth. He once more had the motions of Miss M. analysed by the pathologist, who reported that he found definite control over the malignant process. In course of time I changed from the medicines mentioned to Hydrastis, which is an excellent cancer remedy, which was favoured by the late Dr. John H. Clarke, and gave her Ferrum Phosphoricum 2x, which is an excellent tonic and blood-making medicine.

In March, 1938, she had a most horrible offensive discharge from the passage, which was probably a good sign. The body was obviously dissolving the growth and discharging it gradually. For this discharge I gave her *Sepia* 12x in alternation with *Kreosotum* 3x. I also gave her occasionally doses of *Pyrogen* 200 and *Bacillinum* 200, but mainly put my trust in *Aurum Iodatum* 4x. After six months' treatment the lady was almost unrecognisable. She looked many years younger, had a beautiful complexion, looked happy and bright, felt much stronger, and was a joy to all her friends. By August, 1938, she was the picture of health. The swelling in her abdomen was gone.

Cancer of the Throat.

On the 20th August, 1936, I received a letter from Mr. B., a weaver, who lived near Burnley in Lancashire, and whom I had known previously. He told me: "I have been troubled with loss of voice since Christmas of last year. I have never been ill before. I went to my panel doctor, who sent me to the hospital to the throat specialists. They have been examining me for three weeks, and I have been attending twice and three times a week. This morning I was sent to the radium department. To me this means cancer. I hope I am wrong. I was told to-day they would let me know when I could come to the hospital. I have a swelling in my throat, there is no pain. I am 64 years of age."

Mr. B. was an exceptionally intelligent man. He took a leading part in a number of committees and organisations, and the fact that he was to be sent to the radium department made it clear to me that the specialists of the throat department had diagnosed cancer. Mr. B. is a man of the heroic mould. He used to have an excellent singing voice. He had lost his voice about Christmas, 1935, and only eight months after he wrote to me about his trouble, although he had the greatest faith in me, having seen a number of my cures.

I put him on a lacto-vegetarian diet, and sent him Phosphorus 3, to be taken in alternation with Nitric Acid 3. The latter medicine was sent because he had difficulty in swallowing. I tried to put his fears at rest, and wrote to him: "The radium department should not alarm you. You can ask the doctor, radiologist, or the surgeon if it is cancer, and they will probably laugh at you and say that there is not the slightest sign of it. I cannot imagine that there is any cancerous development. Very likely it is tuberculous, and that would be a condition which is relatively easily curable as a rule."

I tried various medicines, but all the medicines I sent him, and I sent him a very large number, failed to affect the throat condition. He was a strong man, with a brilliant complexion and body skin, red hair, blue eyes. He was essentially a phosphorus type, and this was an additional reason why phosphorus, which I sent him, should have benefited him constitutionally, and should have benefited his throat. Unfortunately phosphorus and all the other remedies which I tried proved useless. It is unnecessary that I enumerate all the medicines I tried in the hope of benefiting him. I probably sent him at least fifty different medicines, but not one of them improved the condition of his voice and the swallowing trouble. He gradually lost weight, but he never lost hope, and never lost confidence in me.

Periodically he came to see me, and every time I noticed that he had emaciated further, and that the disease had progressed further downward. Occasion-

ally he was warned by his doctor that he should go to the hospital, but he refused to go to any institution.

Reluctantly I came to the conclusion that the case was beyond me, and I wished him to have other advice. I recommended him to see a first-rate man in Harley Street, but the consultant's advice was as useless as mine. Mr. B. reported to me week after week, and all the reports were disappointing. The throat became worse and worse, and then the disease travelled down into the bronchies, then into the lungs, then into the stomach, and at last into the abdomen. His life became a misery. He complained about attacks like asthma, could no longer sleep lying in bed, but had to sit up at night. He could no longer digest his food, had no appetite, was plagued with nausea, and was racked with pain. However, notwithstanding his sufferings, he clung to his faith in me as to a rock. It amazed me. He told me at last with a breaking voice: "I would rather die looked after by you than be treated in any hospital, or by any doctor."

His letters were full of such assertions. For instance, he wrote to me on the 8th September, 1937, after more than a year's treatment, which had been a complete failure: "Thanks very much for your reply to my last letter. I might say that whatever is the matter with my throat, I feel confident that with your help I shall get the best of it. I wheeze a lot in my sleep, I feel all right during the day." I tried, in vain, to induce him to go elsewhere for help.

On the 16th November, after fifteen months' treatment, I wrote to him: "I am tremendously satisfied, of course, with the progress of your friend Mr. T. and of your wife, but I am not satisfied with the result of you, and am wondering if you had not better try some orthodox treatment."

On the 3rd February, 1938, after eighteen months' treatment, he wrote to me: "I am reporting a little sooner than usual because of my difficulty in getting sleep. I am not getting as much stringy phlegm up as I used to, but it is marked with blood occasionally, and very tough to get up. The bowels have been rather more costive the last few weeks, and I am not taking

the same amount of food as usual, as it creates that aching feeling in the stomach which is making all the bother just now. Nothing relieves the stomach-ache. The pain is centred above the navel. It is this that is preventing me sleeping. If I exert myself, I have the greatest difficulty in breathing. The ache in the stomach is very bad, and I have a peculiar feeling in the hands, as if I were losing feeling in them. For the moment they feel useless. I cannot stay in bed, in fact I cannot lie down just now, for when I lie down the difficulty in breathing begins, and I have to rise. It is not the ache, but the difficulty in breathing that stops me from sleeping. I have a large amount of wind, and I cannot get it away. If I could get some sleep it would be better. I am getting through the night in the chair, sitting upright. I am writing this at one a.m. I should not feel so bad if I could lie down and sleep. The ache becomes more pronounced when the night is drawing near, and continues until the morning."

"On receipt of this pitiful letter I resolved to try a new remedy. I sent him Natrum Cacodylate 1x, which I have found very useful in cancer, which has spread all over the body. It is a remedy of despair. I gave him tablets, two to be taken after every meal, and I also gave him a dose of Carcinosinum 200, to be taken last thing every Saturday night. Because of his constriction pain I gave him Cactus Grandiflorus 200, doses to be taken rather rarely, and for his pain and restlessness I sent him Arsenicum in the 1,000th potency, to be taken rather rarely. These new medicines were sent on the 4th February.

A week after, on the 12th February, Mr. B. reported: "I am sending a report with the hope that the next will be better still. My reason for this is that I have lost part of the gnawing ache in my stomach, and in consequence I am getting a little sleep at night. The last medicine has given me great help. I have slept several hours for a few nights, and I think I shall continue to improve. The wheezing is still with me, and breathing is very difficult if I hurry, but I feel that if I can get back to sleeping well, I can overcome

it. The throat is rather rough, and feels raw." I sent him again Natrum Cacodylate, a dose to be taken after meals, and as he felt liverish I sent him Hydrastis mother tincture tablets, a dose to be taken before meals.

On the 26th February Mr. B. wrote to me, to my delight: "In a further report let me say at once that improvement since my last is most marked and satisfactory. Previous to receiving my medicines on February 4th and 15th, I could not sleep at night, and did not seem to want any food of any sort. I commenced to sleep decidedly better, and eat as well, some two weeks ago. I am now sleeping better still, and as for eating, I feel I should restrain myself a little, always being ready for a meal. I had been losing weight before. I feel to be getting it back now. The last two lots of medicine have certainly done well. The shortness of breath is better, but by no means satisfactory yet. The ache in the stomach I feel occasionally, but it is far better than it was when I came to visit you last. My condition now, is eating well, sleeping decidedly better, shortness of breath after exertion better but still leaving much to be desired. The throat is still a bit raw, but I have no pain. In conclusion I might say I feel far better than I did some weeks ago, and that is very good."

I continued medication as before. It would have been very foolish to make a change. I replied: "Words cannot express my joy and delight at your letter, and your marvellous reaction to my treatment. Nothing is more gratifying to me than to receive a letter like yours from a splendid patient who has been suffering as you have been suffering, with wonderful faith and hope, which at last seem to be getting rewarded."

On the 15th March Mr. B. wrote to me: "Your last letter gave me great pleasure in its tone, showing the kindness of thought in your nature. My many friends ask me, 'What sort of person is Mr. Barker?' I give all the same reply: 'He is a gentleman practising Christianity.' In further report I can say now, I am better than I was in my last. Some slight

improvement has taken place all round, and that is good. The pain in the stomach is very much better, I am eating well and sleeping a lot better, with exceptions explained later. The swelling in my feet and legs has left me. The shortness of breath is not so pronounced, and I am not so easily fatigued. The throat still feels rough, and voice is no different. The phlegm is disappearing and is certainly much less."

Medication was continued as before. On the 28th March Mr. B. wrote: "It gives me great pleasure to report further progress. More so knowing you are with me, and very patient in this matter. The improvement is not exceptionally good, but is very steady and marked. I am still getting some of the weight back which I had lost. I am sleeping considerably better, and during the last few days I have not had to get out of bed during the night to pass water so often. My breathing is also better, and I do not get fatigued so easily. Don't you think that is very good? My wife says that if I take care, and don't try my voice too much, I shall come out on top, and so do I."

On the 11th April he wrote: "It gives me great pleasure to give a further report of progress. I am day by day feeling stronger, and have an idea that eventually I shall be sufficiently strong to throw off the ailment of the throat. The improvement since my last letter has not been as great as it was in the previous weeks, but slow and clear. I can report a feeling of growing strength and confidence. I am breathing better and not as easily fatigued, but there is room for improvement. Throat is rough, and voice no better."

Medication was continued as previously. On the 27th April Mr. B. wrote: "I am glad to report further progress. I am getting stronger and less easily fatigued. I have no difficulty in sleeping now, I can eat very well and enjoy my food. I can climb hills better, but there is room for improvement. The throat is somewhat the same, but I feel no pain in the throat now, only a roughness or soreness."

On the 15th May Mr. B. wrote: "Improvement is

excellent, and much appreciated. I am still wheezy, throat swollen, and voice no better. At the same time, I don't feel any pain in the throat, it doesn't feel so raw. I can walk about much better, and am not fatigued the same. My general health is very good, and I feel on the whole on the up-grade." All subsequent reports have been very satisfactory. He has continued improving since then. One must never give up a case. Mr. B. came to me on the 20th August, 1936. He had been ill for eight months, having lost his voice at Christmas, 1935. I fought a losing battle from August, 1936, to February, 1938, during nearly eighteen months, but I hung on until, on the 4th February, 1938, I sent him Natrum Cacodylate, which saved the situation. During nearly eighteen months the poor fellow had lost ground all the time under my treatment, but he never lost faith, and on the 4th February I had the inspiration to give him Natrum Cacodylate, and then wonderful improvement set in. One must never despair of a case, however serious and however depressing. Where there is life there is hope. That has been brilliantly illustrated in the case of Mr. B.

A Case of Recurrent Cancer.

On January 31st, 1935, I was visited by a young lady, a Miss H. R., who wished to consult me about her bedridden mother. She told me that her mother had had cancer of the left breast. In January, 1934, twelve months previously, the breast and the surrounding muscles and the glands in the armpit had been cut out. She was now suffering agonies of pain, could not sleep, could not walk, and her weight had gone down from 10 st. 10 lb. to 7 st. 8 lb. The doctor had given her no hope and no treatment, apart from morphia. Having said this, she broke down completely, and I had the greatest difficulty in getting any information from her. I immediately gave her a dose of Ignatia 3x, which calmed her promptly, and then she gave me all the details I needed.

Her mother was an energetic, strong and self-willed woman, very masterful, used to having her own way,

and she had chosen a diet which is often found among people of that character. She took masses of flesh and fish, made tasty with large quantities of pepper, mustard and other spices. She loved coffee and strong tea. She was terribly constipated, deeply jaundiced, and her doctor and surgeon had never suggested a reform of the dietary, which very likely had caused the outbreak, and which was bound to aggravate her suffering, and to spread the disease through the irritation caused by her heating food and drink.

I dictated my directions, and gave some medicines. Her irritability and her liking for heating foods and spices, and her constipation, indicated the need of *Nux Vomica*. I gave her a combination of *Nux Vomica* and *Carbo Vegetabilis* in the 3x potency, a dose to be taken before meals for a few days, and then to be replaced by *Hydrastis* mother tincture tablets, marked "Digestion and Liver." *Hydrastis* act frequently as a specific in cancer cases. As she had a fearfully foul mouth and breath, and dreadfully foul and putrid motions, she had to take *Baptisia* 1x, a dose first and last thing, and as she suffered from nausea all the time, she was to take occasionally a dose of *Ipecacuanha* 3x.

Then the question arose what to do for the pain, apart from morphia, which was, of course, undermining her health and which I wanted her to leave off if possible. I heard from her daughter that the mother suffered from burning pain, relieved by heat, accompanied by terrible restlessness. The pain was located around the site of the operation and down the back and legs. Obviously the disease had spread all over the body, a thing which happens frequently after cancer operations. The symptom, burning pain relieved by heat, and restlessness, clearly indicated that Arsenic was called for, and I gave her Arsenic in the 200th potency, inscribed, "Burning pain and restlessness, a dose of three pills to be taken rather rarely." Every week she was to take a single dose of *Carcinosin* 200.

On February 8th, after a week's treatment, the daughter wrote to me:

"Since my visit to you on January 31st, mother has lost all nausea, her bowels act frequently, at least twice a day, and often more, and she is altogether more cheerful. There has been no recurrence of the pain, but her mouth is still a little foul. She complains of soreness, for which you gave me some pills yesterday. Recently her eyes have been rather inflamed, and they get rather tired when she reads. It is difficult to say if she is putting on weight as we have no scales, but her appearance is much more healthy, and her face seems fatter. She is having no flesh food at all, and is keeping strictly to the diet prescribed. She has had only a little bran so far because of the nausea, but now this is gone, she will be taking more. I would like to say how very grateful we are to you for your great help. Although my mother is still very ill, there has been a miraculous change in the week, and she has got a new grip on life, besides being much happier."

I had put Mrs. R. on the usual fleshless and fishless diet, with masses of bran, raw fruit, salads, vegetables, and accompanied with milk and eggs, which were to provide the necessary protein. The old lady, who had been lying inert and listless, became more interested in life. As she had had some eye strain, I gave her Ruta. On February 15th, after a fortnight's treatment, the daughter wrote: "Since my letter of the 8th my mother continues to make steady progress. She is regaining strength, although very slowly, and gets up for a little longer period each day. Yesterday she dressed for the first time, and was up about four and a half hours. The process of dressing made her very tired, but after a rest she recuperated, and is none the worse to-day. I gave her a dose of Arsenic 200 last Friday which made her sleep for a good two hours; she awoke feeling very refreshed. She had a dose of Carcinosin 200 last Tuesday, and the only noticeable effect was that she was very hot afterwards. We have increased the dose of pig-bile tabloids and the nausea is very much better. Her general condition is now in striking contrast to when I first saw you, but it is still difficult to say if she is putting on weight. Some relations who

had not seen her since Christmas saw her this week, and thought there was a great improvement in her appearance. Mother has been rather more irritable at intervals this week, due chiefly, I think, to the fact that we are moving shortly, and she wants to attend to various household matters, for which, of course, she has not the strength. Consequently she chafes at her inactivity. She always was so energetic, and the prolonged illness is naturally very irksome for her. We are adhering strictly to the diet, and she is taking the various pills. After two doses of the ones you sent for eye strain, Rūta, that trouble has disappeared. There is still a complete absence of pain, and her legs are decidedly stronger. Can you, my dear Sir, work yet another miracle—a fattening one this time? ”

I was overjoyed. The old lady, who had given up hope, began to experience the happiness of returning health, but with improved health, her old energetic character reawakened once more and I did not like the phrase: “Mother has been rather irritable at intervals.” I continued with the medicines I had given her, to which I had added pig-bile tabloids, because pig-bile is a wonderful stimulant of the liver and gall bladder. The liver and gall bladder of Mrs. R. did not work properly. That was evident from her jaundiced appearance. As she complained about sleeplessness through over-activity of the brain, I sent her *Coffea* Tosta in the 30th potency, which helped her greatly. On February 25th I got another report from her daughter, which stated: “I am glad to say that my mother still progresses. She went out on Saturday for a short ride, and except that it made her very tired, she is none the worse for the trip. She is sleeping better, and finds that the pills you sent are most helpful. Her appetite is improving, and I feel sure that she is gaining weight. Her legs are still comparatively weak, but there is a great deal of improvement since my last letter.”

As Mrs. R. had been doing so well so far, I saw no reason to change medication. On March 7th I received an ominous letter saying: “I am sorry to say that she does not seem to be making any progress at the moment,

although I do not think she is going back. There is still no pain, but she gets very fagged at the least exertion, and is inclined to worry because she does not get stronger. Her appetite is quite good, but she is getting a little weary of the diet and pines for meat."

The last sentence depressed me greatly. She had been getting better rapidly, but now started finding fault with the diet. She wanted to go back to the flesh-pots. Without my knowledge she returned to her former diet. She thought she knew better than I, and felt convinced that she needed plenty of meat to keep up her strength, and took anything she fancied. Naturally she lost ground rapidly. I tried my best to give her relief by homœopathic remedies. All was in vain. The attacks of pain which had been entirely relieved by my gentle homœopathic remedies, and which had almost disappeared, came back, became unbearable, an orthodox doctor was sent for, and she was given morphia. I had to withdraw from the case.

A Sarcoma Case.

On February 7th, 1936, I received a letter from a Mr. W. J. S. of Exeter, in which he told me that his wife had undergone a considerable number of searching treatments, operations, etc., and that an X-ray had revealed the existence of a sarcoma in the left lung and on the ribs adjoining it. He had been told by the doctors that the condition of his wife was hopeless, and that she might live for two months with rapidly decreasing strength. Happily the woman did not know that she had a sarcoma, and believed that she merely suffered from osteoarthritis. I sent her, provisionally, some advice and medicines, and then received a letter from the wife herself. She wrote:

"I am 52, and have three children aged 22, 19 and 13. A year before the last baby was born I had a miscarriage, and have had something the matter ever since. In 1924 I went into hospital and had the womb (which had dropped) fixed up, followed by curetting. After that I had very bad sick headaches and attacks of pain in the right side, under the shoulder, which the doctors said was the result of gall-stones. So in 1927

I again went into hospital and had the gall bladder removed and also the appendix. It was slow progress the next few years. Then I seemed to pick up and be better, until the monthly periods stopped in July, 1932.

"In April, 1933, I had a bad attack of sciatica, which lasted six weeks and then I got better. In October of the same year I had another attack, and after medicines, rubbing in oils, injections into the sciatic nerve and spine, followed later by radiant heat and massage, I gradually got worse. In August, 1934, I had an examination under an anæsthetic, by X-ray, which revealed the destruction of the ilium, and the femur was penetrating the acetabulum. Since then I have been in hospital four times for deep X-ray treatment, and I seemed to benefit wonderfully.

"The doctor said the bone had filled in nicely, and I began to walk a little. Then the trouble went to the right shoulder and I have had treatment for that, but this has made me low and anæmic and unfit for further X-ray treatment at present. Since waiting to get stronger, the pain has returned in the hip and across the back, and also in the shoulder, and I feel that if something is not done I shall be as bad as ever. I manage to get about the house, but cannot walk out. I am taking Easton's Syrup three times a day, a glass of sherry twice a day, and am to have underdone liver and steak for dinner. My appetite is poor. Slippery Elm Food, which is my supper every night, suits me best of all. I have bread and butter and one cup of tea for breakfast and tea. When the pain is severe I take Empirin tablets. My doctor says I am suffering from osteoarthritis in the pelvis."

The poor woman had been ill-treated for years, with searching operations and dangerous ray treatments, mostly unnecessary, and with poisonous medicines, which had naturally undermined her health and constitution. Then she was given various stimulants such as wine, liver for her anæmia, Easton's Syrup. No one ever thought of enquiring into her diet, bowel action, etc.

I saw Mrs. W. J. S. on March 4th, 1936, and I was horrified by her appearance. She was worn out, deeply

jaundiced, could scarcely move, and gave the impression of the greatest internal foulness, which had never been treated by any of the doctors who had attended to her for many years. She had always been constipated, was irritable, had much gas in the stomach, foul-smelling urine, perspired little, had dreams of falling which showed that she had vaccinia poisoning, which was probably at the bottom of her troubles, she was very anæmic, and the anæmia had, of course, been increased by the foolish deep-ray treatment, which has never cured a case of cancer or sarcoma, but had only driven the disease all over the body as usually happens. She lived chiefly on tea, sherry, liver, milk puddings, a ghastly combination.

I told her to leave off flesh, fish, fowl and everything made of them, coffee, strong tea, white flour and white sugar in every form, and she was not to use aluminium cooking utensils. She was to take nine heaped tablespoonfuls of broad bran daily, a superabundance of liquid, two eggs, two ounces of mild grated cheese, two pints of milk, a superabundance of vegetables, potatoes, raw fruit, salads, etc., and she was to increase her intake gradually and cautiously.

As regards medicines, I gave her Sulphur 3x for blood-clearing and perspiration, three pills to be taken first and last thing, a combination of Nux Vomica and Carbo Vegetabilis for digestion and irritability, two tablets to be taken before meals. She was to take *Symphytum*, *Ruta Graveolens* and *Eupatorium* for bone pain, and was to change every three days from one to the other, finding out which of these three suited her best. As there was a tuberculous inheritance in her family, I gave her *Tuberculinum bovinum* in the 200th potency, to be taken last thing on Sunday night. As she did not perspire I told her to get a Turkish bath cabinet, and take occasional Turkish baths.

These were the directions sent to her on March 4th. Naturally I had very little hope that this desperate case would improve. After a few days the Sulphur was replaced by *Thuja* 30 as a vaccination antidote, to

taken in water. This is a wonderful liver remedy, particularly when there is pain under the right shoulder blade. On March 20th, after a fortnight's treatment, she wrote: "I am pleased to report that there is some improvement this week. The pain under the right shoulder blade is much less, and has only flared up when I took the No. 1 bone pain pills. Last Friday night I had my first Turkish bath, and on Saturday thought my breathing seemed better, but my chest seems to be tightening up again, and I have a short spasmodic cough, a dry one, it seems to be irritated by the throat, which is difficult to clear as the spot is too low down. The bowels are still working well, twice a day, and the motion is still dark brown. All here think I am looking a better colour, and next week I hope to give a better report still."

I changed back to Sulphur night and morning, and in view of the chest constriction, gave her *Cactus Grandiflorus* 1x, three pilules to be taken as needed, and *Causticum* 3x for cough low down in the throat, three pills to be taken as needed.

Her next report came on March 29th. She wrote: "I am glad to report that the progress made last week has been maintained. The cough is a little less, though still persistent, and the breathing is still bad. Any exertion makes me puff, and if I stoop down, it is worse than ever. The Turkish baths are a great delight, I have one twice a week, and have felt better after every one."

The poor woman, though doomed by the doctors and specialists, had the happiness of experiencing, for the first time for years, real improvement, although she was not given any surgical or ray treatment, nor was she given powerful and dangerous medicines in large doses. Her next report, dated April 6th, delighted me. She wrote:

"I have been comparing my present condition to what it was a month ago, when you took me in hand, and I am very pleased and thankful to say that there has been steady progress. The bone pains are less and I can move about better. The breathing is easier and the cough nearly gone. Also the indigestion,

though still very touchy, has improved. I feel brighter, and have a great desire to get well. A month ago I had almost given up hope."

I had cheered her up, for sympathy and hope are the best medicines for the sufferer. On April 13th came another letter, in which Mrs. W. J. S. stated:

"I do not seem to be getting on quite so well this week. My digestive organs have not got over the sick turn I had early last week. The pain in the left hip is better, but it is rather worse in the back and right hip, and the right shoulder is very painful."

Obviously there was a set-back. However, one must not be discouraged if "incurable" patients and others have a set-back. I wrote to her cheerfully that set-backs were only natural, considering the great improvement she had experienced, and on April 23rd came a letter which made me very happy. She wrote:

"I am glad to be able to send you a better report this week. My general condition is much better, and there is less pain in hip and shoulder. I went out for my first little walk on Sunday, since I came to see you. It took me half an hour to do a quarter of an hour's distance, but I was encouraged as I have not walked that distance for nearly three years. I ached rather much for hours after, but it was worth it."

The poor lady behaved like a convalescent, and experienced all the joys of convalescence. On April 30th she wrote: "I am glad to report an improvement in digestion and also headache. The bone pains have been rather bad across the bottom of my back, also in the shoulder, but generally I feel much better."

I gave her Sulphur 6x for blood clearing and perspiration, and Eupatorium 1x for the bone pain, which apparently did her much good. On May 10th she wrote: "I am very pleased to report good progress this week. I am feeling much better in myself, digestion is much improved, and I am quite enjoying my food. The headaches have been much better, and soon pass off after taking the Glonoine 3x pills. I have noticed my head aches in the night when I lie on my

gentle exercise for that now. The skin is reacting beautifully. Perspiring starts five minutes after entering the Turkish bath. It used to take fifteen minutes when I first started the baths. Also I perspire when I do things about the house. I had my second walk last evening, and walked for about half an hour, had a restless night, but am no worse to-day. I am so grateful to you for all you are doing. Everyone says how much better I look."

The poor woman had been declared absolutely incurable and was given two months to live at the outside, and she had enjoyed under my care four happy months, with constant improvement, alternated with occasional set-backs. Her improvement was not so striking as to give me any confidence in the ultimate result. However, there was considerable progress for some time. On June 7th Mrs. S. wrote:

"I am glad to report that I am still feeling better in myself. My appetite is better and I begin to want every meal. The bone pain has been about the same, and is still troublesome at night, and the back is sore to lie on, but I can walk better. I still have two Turkish baths each week, and feel that they help much."

I had inspired her to such an extent with hope and confidence that she took philosophically and cheerfully every set-back and every pain. She wrote to me on June 16th:

"I do not seem to have made much progress this week. The ache in the bottom of my back has been worse than for several weeks, and I am having a yellow discharge from the front passage (this was a disturbing symptom). The ache is only relieved by lying down and it makes me feel very limp and listless. The hips are not so sore to lie on as when I wrote last. I hope to give a better report next week. You have done so much for me already, and I am grateful."

On June 28th she complained again about the pain in the back: "I am pleased to report that the pain in the back is less than last week, but still gets bad if I am on my feet for long. The discharge is about the same. My general health is much better, and the ache

in the pelvis is much better, so that I can sit more comfortably."

On July 26th she complained that she had not been so well, and that the discharge was worse, a very ominous symptom, but I was gratified to hear that Colocynthis 3x had relieved the pain. She also told me that she had headaches starting from the back of the head, for which, of course, I sent her Silica, choosing the 12x potency. As Colocynthis helped the poor woman, I sent that medicine in various potencies, 3x and 30. Before she came under my care she had been given morphia in large doses, which upset her. On August 26th, after seven months' treatment, she wrote to me:

"I am glad to say the acute stage in my back seems to have passed, but the ache is still bad. I feel a little troubled about the left groin and just above it, where I had the deep X-ray treatment. It seems to be drawn in and tightened, as if the muscles were contracting. It does not seem to affect the intestine or bowel movements, as I am again taking the usual diet, and have two evacuations a day. The digestion is a bit upset, causing flatulence, and the yellow discharge is as bad as ever. The nerve-pain pills, Colocynthis 30, seemed to help most. I come over with sweats very frequently without any movement to cause it. Perhaps this is helpful, as my bones crick and grate from my neck to my ankles. I was very thankful not to need the morphia. I have somewhat lost faith in the medical men, and hope now to go ahead as before, when this turn has passed."

Obviously she thought the aggravation only a temporary one. On September 4th, while telling me of pain and the undiminished discharge, she concluded her letter with the words:

"I am very hopeful, especially when I remember what I was like two years ago, and also when I first came to you. Before this last attack came on, I had begun to walk quite nicely, and hope to do so again very soon."

As her pain was relieved by heat I gave her Arsenicum 200 and Tarantula 200, and Hypericum in various

potencies because it was largely nerve pain. Her pain became more severe in the course of time. The husband called in the local doctor, and wrote to me on October 25th:

"My wife has been under the local doctor for three weeks, and he has treated her on the usual lines, with ablets, draughts and morphia injections. Her spirit has been maintained meanwhile wonderfully."

The next thing I heard from the husband was a letter sent on January 19th, 1937, informing me of his wife's death. He wrote:

"You will doubtless not be surprised to hear from me that my wife passed away after lying unconscious for a week, and for the past month she was almost continuously under morphia. The doctor who attended her remarked what strength she had to resist the insidious disease, although taking no solid food for twenty days. All this points to the fact that your diet, etc., must have given her an amazing vitality, and for your interest and attention to her case we offer our many thanks, and regret that it was not possible to retain her."

Mrs. W. J. S. was a woman of wonderful character, and a model patient, very strong willed, and determined to play her part. She was splendid. I am gratified to know that I gave her more than six months of happiness and relative comfort.

I describe this case in order to show that even the most hopeless cases, such as this one, can be relieved greatly by common-sense treatment, homœopathic medicines and a suitable diet. Happily she did not know that she suffered from cancer, but thought it was osteoarthritis. Whether the disease was of natural origin, or whether it was caused by the incredible methods of violent interference practised on the poor woman for years, is a moot point. With the increase of operations and injections the cancer death rate has increased tremendously. Whether the latter is caused by the former is not clear, but it is possible.

Was it Cancer?

On August 18th, 1937, I received a letter from a Mr

O'B. from Dublin, saying: "I wish to make an appointment with you to see my wife next week if that is at all possible. My wife is supposed to have developed a tumour on her lung." I gave them an appointment and saw them on August 25th.

Mrs. O'B. looked ~~very~~ jaundiced and ~~weak~~ had lost much weight and complained about difficulty in breathing. She had been to a doctor and to a specialist, and had been sent to a first-rate X-ray specialist who X-rayed her, and who reported as follows:

"There is an opacity in the lower zone of the lungs on the right side. In the lateral view it is seen to be triangular in shape and of homogeneous density and has the typical appearance of a consolidated middle lobe. Its size together with slight deviation of the heart to the right suggests to me that it is an atelectasis. There is some calcification in the right root and some infiltration of the upper zone. This looks like an old inactive tuberculosis, but might possibly be largely due to congestion. Left lung is clear. The spine shows erosion of the anterior surface of the seventh thoracic vertebræ. This suggests malignancy. Findings. The most likely cause of the atelectasis is a carcinoma of the right middle bronchus with secondary growth in the spine. I think a bronchoscopy will clear up the diagnosis."

The poor woman had been told quite frankly that she suffered from cancer of the lung and the spine, and the surgeon had urged her to let him operate on the lung. I said to the husband: "I don't know whether you have great geniuses among the surgeons in Dublin, but a man who is ready to operate on the lung of your wife must be an outstanding genius. An operation on the lung is about as easy as an operation on the heart or on the brain."

Unfortunately both Mr. and Mrs. O'B. suffered deeply from the terrible diagnosis, which had upset them completely. I asked Mrs. O'B. a few questions. Her answers made it clear to me that the diagnosis of cancer had been rashly made. In my directions I summed up my findings as follows:

"You are 51 years old, are very happily married.

You have come to me because you and your husband were badly upset owing to the following facts. Some months ago you had a cough with pain in the right side. You were X-rayed and given an X-ray report by a Dublin specialist, according to which there was an old inactive tuberculosis in the lungs and a condition of the vertebræ which suggested malignancy, that most likely there was cancer in the right bronchus with a secondary centre in the spinal column. Naturally this opinion upset you and your husband very much. Your husband, who believes in nature cure, gave you a two days' fast, and then put you on an eliminating diet. As I told you, X-rays are not reliable. One has to interpret slight shadows, and there is a large scope for the wildest guesswork. Happily you were determined not to go to the hospital for treatment. If on the basis of the X-ray they had given you surgical or radium treatment, the position might have become extremely serious.

"You are a woman of magnificent physique, and have an excellent heritage. Both parents are alive, your father is 78, your mother 75. Your mother is rheumatic and very nervy. There were twelve children; one died as an infant of meningitis, one of epilepsy, etc., and seven are alive and in good health. You yourself have had practically no health troubles, but you have a tender spot on the spine fairly low down, and a vague discomfort two inches to the right side of the spine. The only serious trouble which you have had was when you were overcome by the sun, and fell off a Dublin pier to the concrete ten feet below. This happened five years ago. You injured the right part of the face and head, and about the same time occurred the change of life, possibly brought on by the accident. You gained weight and went up to 11 stone 5 lb., but you are now 9 stone 6½ lb.

"You are well made and well proportioned, but look extremely anæmic. You have lost practically all your teeth. You are pale with a yellowish tinge. Your muscles are flabby and waterlogged, largely because you are a tremendous salt eater. You get buzzing noises and have slight deafness in the left ear. Between

the ages of 9 and 21 you had glandular swellings on the right side of the neck. You feel best in the morning, worst in the evening between 4 and 8 o'clock. You are very shy, are nervous, thunder in the air upsets you. You sleep on the left side, are apt to get flushes. You never perspired up to the day of the accident, and since then perspire heavily. Periods occurred every three weeks, flow lasted for six days with a medium discharge.

"You have no energy. Your husband is full of energy and likes to go for very long walks with you. You rapidly tire because of your anæmia, and watery tissues and the anæmia has affected the heart to some extent, the heart being underfed with poor blood. You have one, two or three natural motions a day. Urine is normal. You were vaccinated twice; you occasionally have dreams of falling. You get out of breath when walking upstairs or uphill. You were anæmic as a child and were given large quantities of medicine. You have never had any skin trouble. Aluminium is used in your kitchen. It must be scrapped immediately. Your ankles are weak. You live and have lived on an anæmia-producing diet. The anæmia is, of course, accentuated by chronic salt poisoning."

I put Mrs. O'B. on a lacto-vegetarian diet with an abundance of natural food in the most natural condition; and I gave her as medicine: Calcarea Phosphorica 3x, night and morning to strengthen her: Arnica 3x marked "Old injury and fag," three pills between meals if needed: Thyroid 2x marked "Appetite," two tablets before meals: and she was to take every Monday night a dose of Lycopodium 200 marked "Right-sided trouble," every Wednesday night a dose of Bacillinum 200 marked "Old glandular swellings," and every Sunday night a dose of Thuja 200 marked "Vaccination antidote." It will be noticed I did not give her any specific treatment for cancer. I treated her on general consideration for the various factors which might have caused her trouble, and on broad constitutional lines, with a view to improving her condition. When she came to my rooms she weighed 9 st. 6½ lbs.

Mr. and Mrs. O'B. went for a short holiday and then

returned to Dublin. In the first letter, written on September 6th, she told me: "I had no opportunity of sending you my report last Thursday, but, being home now, I have a better chance of judging how I feel. The first thing that I noticed was that the singing noise in my head ceased, but returned during the long and tedious journey home which included a very rough crossing. I still feel the tiredness in my back, but am in good spirits, and have had three motions each day since I came home. I seem to have a little more energy. My weight has increased slightly—9 st. 7 lb. 3 oz. I spent to-day buying all the necessary items for my diet, and will, I hope, have a better report for you next week, also my photo which I will have taken to-morrow."

The letter was quite satisfactory. I continued the same medicines as before, and the second report, dated September 15th, told me: "You will be pleased to hear that I am feeling very much better as regards energy and cheerfulness, but unfortunately my cough returned when I came back to this rather cold climate and my chest is inclined to wheeze a little when I lie down in bed at night."

"I now found it desirable to make a change in medication and I gave her Calcarea Fluorica 6x marked "Varicose veins, strengthening," a dose first and last thing; one grain of Thyroid marked "Appetite," to be taken before meals; Bryonia 1x marked "Bad wheezing," three pills as needed, and Ipecacuanha mother tincture tablets, marked "Wheezing," a dose as needed, and she was to find out which of the two medicines for wheezing suited her best.

On September 27th Mrs. O'B. wrote to me: "There is a continued improvement in my condition and I am gradually getting back my energy and feeling more interest in my household duties. My husband thinks that the varicose veins have been reduced slightly and that my flesh has become much firmer." In a few weeks she had obviously gained $7\frac{1}{2}$ lb., an eloquent testimony to the benefit of the treatment which she had been given. A cancer patient is not likely to gain weight rapidly and improve as Mrs. O'B. had done dur-

ing the short time under treatment. I repeated the last prescription and on October 6th Mrs. O'B. wrote: "It is a great relief to hear that you consider me free from any tendency to cancer. I notice that the pain in my back from which I suffered on the smallest exertion has completely disappeared, and I am able to do a little work in the garden again, although the stooping is inclined to bring on the wheezing just as it does when I lie down in bed. However, the pills are very effective."

On October 21st I was visited by the lady, and I wrote to her after the interview: "You look wonderfully well and have put on 7 lb. of solid flesh, and your anæmia and jaundice appear to have gone; the pain near the spine has disappeared. You weep easily and loathe fat." She complained about buzzing noises on the left side of the head and catarrh. I gave her some suitable medicines, and among them Pulsatilla because of her weepiness and dislike of fat, and I gave her Bacillinum 200, a dose to be taken last thing every Monday.

Mrs. O'B. looked a totally different woman. She had not only put on a splendid quantity of flesh, but she looked younger, stronger, a picture of health and happiness. Her next letter, dated November 5th, stated: "I have decided to dispense with any more treatment from you for a time, and see how I get on by keeping to the diet recommended by you. I have increased a further 3½ lb. and am now about my normal weight."

I have no idea whether the woman actually suffered from cancer or not. Possibly the X-ray specialist was mistaken. Possibly the surgeon was an enthusiast for the use of the knife and was desirous of trying his hand at a particularly dangerous operation. At any rate, I consider that Mrs. O'B. was saved from death because I had the courage to take her in hand, notwithstanding the terrible diagnosis given in her case. Such a diagnosis is sufficient to kill a sensitive patient.

I saw Mrs. O'B. again in August, 1938. She had put on more weight and felt perfectly well.

CHAPTER XXX

SOME SURGICAL CASES CURED BY MEDICINE. FISTULA, DUODENAL ULCER, UNHEALING WOUNDS

A Fistula Case.

HOMŒOPATHY has a tremendous advantage over orthodox treatment in this, that many cases which are considered to be purely surgical can be cured by homœopathic medication. The orthodox doctor readily condemns tonsils by the hundred and by the thousand. The homœopathic doctor will certainly not allow enlarged or septic tonsils to be taken out as a routine measure. He will first of all try to cure the condition by constitutional remedies such as *Calcarea Phosphorica*, *Calcarea Carbonica*, *Baryta Carbonica*, etc., adding *Lycopodium* if the trouble is worst on the right side, and perhaps *Lachesis* or *Thuja* if it is worst on the left side.

Other conditions which are treated purely surgically are fistula and fissure. Nature forms a fistula, or several fistulas, for the purpose of discharging disease material from the body. Nature creates a more or less foul drain which fulfils the very useful purpose of ridding the body of unwholesome substances. It acts as a safety valve, and should not be destroyed.

On April 10th, 1937, I was visited by Miss A. W. She was twenty-two years old. Two years previously she had developed two excruciatingly painful fistulas near the bowel exit. She went to the doctor who sent her to a surgeon, and the surgeon operated upon her in the usual way. The wounds did not heal easily. The woman was on her back in hospital and at home for about two months, and recovery took place very sluggishly. She never felt really well afterwards, and after a time the old pain returned and the fistulas

reopened. The operation had been done in vain. Once more she was advised that there was no treatment for her trouble except operation. She dreaded a second operation in view of the bad experience of the first one and came to me.

Miss A. W. was thick-set, stout, very dark. She was flabby, looked terribly anæmic and looked middle aged. She felt very depressed if not suicidal. Her mother died when only fifty-two from tuberculosis, fatty degeneration of the liver and kidney and sarcoma combined. Her inheritance was obviously a very poor one. Miss A. W. had lost many teeth and from her skin emanated a terrible odour which proclaimed her internal foulness. Moreover her skin was a mass of pimples, blotches, boils and sores of every kind which showed the ghastly condition of her blood. The fistulas had been cut out with great thoroughness and very extensively, but obviously the internal foulness had to find an outlet and therefore the fistulas had reopened.

To Miss A. W.'s amazement I forbade all outward applications. I gave her a diet rich in bran, vegetables, fruit, salad, eggs, milk, etc., and gave her as a blood purifier *Hepar Sulphuris 2x*, a dose night and morning, and *Silica 12x*, three pills between meals. *Silica*, potentised sand, is one of my favourite medicines for fistulas, fissures and unhealing wounds. As there was undoubtedly a tuberculosis disposition, she was to have also on one night a week a dose of *Bacillinum 200*, and on another night a dose of *Pyrogen 200*. *Pyrogen* is potentised putrid meat, and is a wonderful remedy for all conditions of acute or chronic blood poisoning. Later on I gave her *Ferrum Phosphorica 2x*, as she was very anæmic and obviously needed iron.

After a week Miss A. W. wrote: "I am getting on very well with the special diet and am feeling much brighter in myself and not so depressed, although the fistulas seem to be discharging more, but they are not so painful." A week later she reported: "The fistulas are still discharging freely and the discharge is now quite odourless. There is no pain, and I feel much happier." On May 3rd she wrote: "I am very pleased to say that I am beginning to feel quite bright and

happy. There is a decided improvement in the body odour." On May 18th she wrote, after little more than a month: "Although the fistulas are still discharging, they cause no pain or discomfort now which is wonderful."

I continued giving her Hepar Sulphuris and Silica up to the 200th potency. The discharge from the fistulas diminished steadily and it is scarcely worth while quoting her weekly letters. I saw her again on June 10th and wrote to her afterwards: "I was tremendously pleased with you. You have improved wonderfully and looked years younger. Your complexion is infinitely better, you are far more cheerful and have lost your depression." I examined the local condition. The fistulas had healed. On July 3rd I saw Miss A. W. again. She looked a totally different girl and the fistulas were closed. She looked the picture of health and happiness.

Another Fistula Case.

On April 28th, 1937, I was consulted by a Mr. C., a London business man, who complained about an old fistula at the anus. Mr. C. was thirty-five years old, happily married, he came from good stock, and his medical history had been almost uneventful.

In 1933 and 1934 he began to develop a fistula at the anus, which gave him excruciating pain, especially when it opened to discharge large quantities of pus. It opened and closed periodically, and at last the position became unbearable because he experienced horrible pain when sitting. He saw a doctor, who sent him to a surgeon, and in 1934 the fistula was treated in the usual way, by excision.

Mr. C. had been a healthy man until the fistula had developed. It had been cut out by a very competent and experienced surgeon, who eliminated all septic material and sewed the edges of the healthy flesh together in the usual way. After this Mr. C.'s trouble began. He felt very ill, became terribly depressed, lost weight steadily, felt poisoned. He lost altogether more than twenty pounds. He had been of a bright

and buoyant disposition, but he became morose and almost suicidal.

As the outlet by way of the anal fistula had been closed, nature tried to discharge disease material in other ways. Mr. C. began to suffer from septic throats, and was advised to have his tonsils taken out, a procedure which he refused to sanction. Then he began to suffer from mysterious swellings. If he tried to play golf, his hands, feet, ankles and arms swelled prodigiously. He sought advice, but no doctor knew what to do for him. He was given injections which upset him badly. At last he consulted me.

He looked pale, ill, depressed and almost hopeless. Instead of looking at his fistula, as the surgeon had done, I wished to discover the causation of the trouble. Enquiry elicited the fact that he had been vaccinated, and that frequently he had dreams of falling, an indication of vaccinia poisoning. Further, he had had swollen glands at the sides of the neck, and occasionally had suffered from drenching night sweats, suggesting latent or active tuberculosis. Lastly, he had had years ago an infection. I assumed that the discharge from the fistula might be due to these different infections. I gave him Sulphur 6x in the morning for blood-clearing purposes, Silica 12x between meals as a routine fistula remedy, which was to be alternated with Thuja 3x as an antidote to vaccinosis. Last thing every Sunday he was to take a dose of Bacillinum 200 because of the possibility of tuberculosis. Last thing every Wednesday he was to take a dose of Alumina 200 because aluminium was used in the kitchen, and every Friday night he was to take a dose of Medorrhinum 200.

He had been constipated when he came to me, and he was given instructions to have two or three loose motions a day, with the help of liquid paraffin and an abundance of bran. He was given a lacto-vegetarian diet extremely rich in vitamins, and use of aluminium cooking utensils strictly forbidden.

After a week's treatment Mr. C. reported to me that a rash had broken out on both his legs. This was undoubtedly owing to the action of the Sulphur, which

is a wonderful eliminating medicine, and the reaction was to be welcomed. The next week he reported that there was improvement in his throat and in the fistula. After another week I replaced Sulphur by Pyrogen 30, which is a wonderful remedy for blood poisoning, recent or latent.

On May 24th Mr. C. called on me again. He looked vastly better, and told me he was vastly better in every respect. It is true the fistula had reopened, probably owing to the eliminating force of both Sulphur and Silica, but there was little pain. He felt better in himself, much stronger, and very fit both physically and mentally. The curious swellings were still in evidence but they were milder, and the skin eruption was gradually disappearing.

I kept Mr. C. on the medicines which he had had from the beginning, substituting for one of them Echinacea mother tincture, another blood-poisoning medicine, ten drops to be taken three times a day. He improved steadily and began to feel very happy and confident. He noticed improvement in all his troubles. I thought it judicious to give him the previous medicines in a higher potency. He was given Hepar Sulph. in the 30th potency, Silica in the 30th potency, etc.

On August 6th he came to see me again. He had just returned from a holiday in Devonshire. He had been under my treatment for a little more than three months, and he informed me that he felt in better health than he had ever felt in his life, that he felt stronger and younger, that usually he had felt low and weak when going on his summer holiday, because of the strenuousness of his city work, and that this time he felt better when starting on his holiday than he had done for years when returning from his holiday. He said that he was an entirely different man. His fistula gave no trouble.

A Case of Fissure.

A fissure is a tear of the flesh which often refuses to heal. Fissures, like fistulas, frequently occur at or about the bowel exit, and the fact of their not healing

easily is attributed, as a rule, to the difficulty of keeping the wound clean. If a patient suffering with a fissure consults a doctor or surgeon he is usually advised to keep the fissure very clean by the frequent use of disinfectants, especially after a bowel action. Notwithstanding the greatest cleanliness and care, fissures, especially anal fissures, are apt to remain open, causing a great deal of irritation, discomfort and occasionally excruciating pain. If a doctor or surgeon is consulted about an unhealing fissure he will usually advise that the unhealing wound be thoroughly cut out so as to reach the healthy flesh, and that the healthy red surfaces of the flesh be stitched together in the anticipation that healing will result.

The experienced homœopath treats unhealing wounds, fistulas and fissures not by excision, but by medicine. He argues that fistulas and fissures do not heal, not because of lack of cleanliness or the presence of disease organisms, but because there is some deficiency, disorder or disease of the blood which prevents natural, spontaneous healing.

On May 25th Mr. T. B., a man of thirty-four years old, wrote to me from Dublin that he had been suffering for six months from an anal fissure. He said: "I have had treatment such as hot baths and ointments, but so far it has not healed, and it is causing me great pain. I feel that my mind and body cannot stand much more, and the most awful thoughts run through my head. I often lie awake all night and do nothing but cry and think of my young wife and my children."

The man was obviously suffering atrociously. His fissure was extremely painful. His digestion had become badly upset. I sent him Sulphur 6x, a dose night and morning for blood-clearing purposes, and he was to take a dose of Silica 12x twice a day between meals. He was to have no outer treatment for the fissure. He was merely told to keep it clean with soap and water and allow nature to do the rest. His diet had been an injudicious one, and he was given a fleshless diet. On June 18th, after three weeks' treatment, he wrote: "I have great pleasure in writing to let you know that I feel a good deal better. I am delighted with the

progress I am making." He was kept on Sulphur and Silica in various potencies for several weeks, and by the end of July, after two months' treatment, he told me that the fissure had healed and that the pain had disappeared.

A Case of Duodenal Ulcer.

If one reads the text-books and looks for the causation of various diseases and disorders, one usually obtains little or no information. Under the heading "Causation," we find statements that the percentage of sufferers is greatest during such and such an age, or that the percentage is higher among men than among women, that, for instance, cancer usually appears during and after middle age, and that irritation may have something to do with it, etc. If one enquires into the causation of gastric or duodenal ulcers, one gets very little useful information from the text-books. However, the fact that gastric and duodenal ulcers are unknown among savages and among naturally fed animals, while they occur frequently among civilised human beings and among animals which are fed on the diet of civilisation, makes it clear that it is a trouble caused by the tasty and dangerous diet on which the civilised live.

On October 10th, 1929, I was visited by Mr. J. E. M., an engraver, thirty-two years old, who was exposed to acid fumes, and who had been troubled with pain in the lower part of the stomach and duodenum. It came on about two hours after meals. The pain was relieved by drinking hot water and belching up gas, and it was worst at night. He had been to the doctor and had been given the usual prescription of anti-acids, which he had taken for a long time with the usual negative results. Apart from anti-acids he had been given no treatment, not even any advice about his diet.

The patient was very stout and flabby, he took no exercise, ate far too much, lived largely on bacon, white bread with thick butter, ham sandwiches, chops, and he flavoured his diet with enormous quantities of mustard. He admitted that he took three teaspoonfuls of mustard a day. From my point of view he suffered

from a demineralised and devitaminised diet and too much mustard.

He was a gross feeder, ate far too much, much more than he could digest, suffered severely from indigestion, felt deeply depressed and lethargic, felt chilly, had much catarrh, and there was a strong rheumatic tendency. His joints cracked on moving, he had noises in the ears, a distinct tenderness in the region of the gall bladder and the duodenum, but it was difficult to feel what was wrong because there were inches of fat in front, preventing exploration. His motions were foul, his urine carried a red sediment, he had been vaccinated several times, was given injections when serving in the army, and had been given enormous quantities of quinine when serving in the East, until he had become stone deaf. His condition was all the more disquieting as his father had died of cancer of the stomach, apparently caused by taking boiling-hot food and drink.

I gave him a reducing diet, with an abundance of vegetables and fruit, and plenty of liquid, I made him drink large quantities of vegetable water, and forbade mustard and condiments, flesh, fish and fowl and everything made of them, alcohol, of which he was very fond, coffee, strong tea, sauces, pickles, vinegar, fattening foods, white flour and white sugar in every form, and I gave him a combination of Nux Vomica and Carbo Veg., to be taken before meals. As his memory had suffered badly, I gave him Anacardium 3x, a dose to be taken between meals, especially as it is an excellent remedy for gastric and duodenal ulceration, if the pain is relieved by eating, as was the case with Mr. J. E. M.

I had succeeded in impressing the patient very strongly with the need of following implicitly my dietetic and other directions, telling him that otherwise he might share the fate of his father. He was promptly rewarded. On October 18th, a week after beginning treatment, he wrote:

"The pain in the stomach is not so sharp, just a dull ache which is felt more when I bend forward or backward or apply pressure to the base of the breast-

bone. The belching is not so violent. I have lost 3 lb. 2 ozs. in weight."

I continued the previous medicines, and was told on October 26th: "The report this week is very similar to last week. The ache at the base of the breastbone is not so worrying. I have lost a little more than 2 lb. 4 ozs."

On November 2nd Mr. J. E. M. reported: "The diet has succeeded in reducing me by another 2½ lb. and I now weigh 12 st. 7 lb. There is tenderness in the pain sector."

On November 17th the patient told me that he had lost another 1¾ lb., and that he weighed 12 st. 3¾ lb. He had lost nearly a stone, and felt better. Every week there was a loss of from two to three pounds, the weight I wanted him to lose, as stated in my directions. If he lost more than two or three pounds per week, he was to increase his intake of milk and butter. This is the usual way in which I try to prevent too rapid a loss of weight, which might lead to serious consequences.

On December 9th he wrote: "Comparing my present condition with my condition when I came to you I must say the indigestion has decreased appreciably and the pain accompanying it. Only occasionally I get an unpleasant feeling of fullness and slight bile. Walking is more a pleasure now and easy movement of body is achieved. I now weigh just under 12 stone, and used to weigh 13 stone 13 lb."

When the patient came to me the only exercise he took was exercise of the jaw muscles. He did not care for walking. He now walked longer and longer distances, in accordance with my directions.

I saw Mr. J. E. M. again on January 9th, 1930. He had lost nearly two stones and the pain was almost nil. He told me he felt more energetic, and he looked years younger than when I saw him for the first time. His teeth improved. His gums were no longer septic. He improved steadily. I gave him treatment for rheumatism, sending him Rhus Tox. 3x. Unfortunately, after a time he became tired of the vegetarian diet, and added large quantities of meat,

against my wish. He was punished for his deviation. He wrote on February 28th, 1931.

"I cannot deviate from the meagre diet for very long, for when I partake of meats, especially beef, smoked haddock or other tasty viands, my trouble is repeated, so back I go to the old egg diet, and diminish pain and likewise weight, which is now 11 st. 3 lb., 2 stone less than when I came to you." He was cured.

An Unhealing Wound.

On November 12th, 1936, I was consulted by Miss U., of Norwich, who complained about malfunctioning of the bladder. For two years she had found it difficult to control the bladder. She had been a nurse, was 62 years old, and, as soon as I saw her, I noticed that her abdomen was greatly enlarged. Curiously enough, notwithstanding her great professional experience, she had overlooked that fact. Her abdomen was not only greatly enlarged but was stony hard. There was a very large, hard tumour of obscure character. Miss U. had always been thin, and consequently the enormous size of the tumour should have struck her long before. Some people are extremely unobservant.

I tried my best to help her, giving her medicines which are indicated for hard tumours, such as Conium, in various potencies, Silica, and occasionally doses of Scirrhum and others, and treated her constitutionally as well. I gave her some relief, but the urinary trouble became worse. Obviously the growth pressed on the bladder and apparently continued increasing in size. When I came to the conclusion that homœopathy could not deal with the case, I told her to see a doctor, with a view to an operation. I had the greatest difficulty in persuading Miss U. to adopt that course, because she had the strongest prejudices against surgery. At last she consented, went into the local hospital, and was operated upon. The operation was a success. Obviously the surgeon was a skilful and able man.

Before she went through the operation I sent her some Ignatia 3x, marked "Depression, nerves, tonic, sleep," and she was to take this medicine steadily before the operation and after the operation if necessary. On February 3rd Miss U. wrote:

"I saw both doctor and surgeon yesterday, and, thanks to your pilules, got through the ordeal better than I dared hope. They both spared me all internal examinations, which was fortunate for me. They both said it was a growth of very long standing. Dr. M. said I must have had it the best part of my life! They said it was immovable and wedged in the pelvis, and intimated it would be a tough job to get it out."

On February 18th her sister wrote to me: "I am writing to tell you that my sister was operated upon yesterday, and a very large tumour was removed. She is very ill, though they say she is as well as they can expect."

On February 27th her sister wrote: "You will, I think, be glad to hear that my sister is now making good progress. The doctor and surgeon are both pleased with her. The tumour was a large one and had grown inward, which made the operation a very complicated one. They said the stomach was pushed quite out of place, which might account for her indigestion. They say there is no reason why she should not be as well as ever, and perhaps better."

On March 28th Miss U. herself wrote:

"It was a very serious operation and I nearly died, but not quite. The growth, instead of spreading upwards and making me look large, burrowed downwards and inwards. It had fastened itself tightly on to the bladder and round the intestines. It is a miracle that I was not constipated nor had a stoppage. The surgeon had the utmost difficulty in getting everything away. The bladder was the first thing to give trouble and it is now the last. They made a sinus into the bladder and inserted a drainage tube. Since the removal of the tube I have been waiting for the sinus to close; it has nearly but not quite. Consequently I cannot get my clothes on, but sit about swathed in cotton wool, which is always more or less

damp. I don't know what to do about it. I believe I am to be X-rayed, and there is some talk about a second operation to close it. I wish they would get on with it so that I could get up and go home. I feel marvellously well in myself."

I received her letter on March 30th, and it was clear to me that the wound in the bladder did not heal. If the orthodox doctor or surgeon meets an unhealing wound he assumes that the wound margins are not healthy, and, therefore, do not granulate, and, to encourage granulation and healing, he cuts away the wound margins and sews them together with a few stitches. If the wound still does not heal, he cuts out a little more. This is a most unsatisfactory process, especially as each operation means loss of tissue and shock. After all, the limited space of the bladder cannot be indefinitely cut away. Homœopathy has a wonderful remedy for unhealing wounds, namely, Silica, potentised sand. I wrote to Miss U. on March 30th:

"I am glad to hear that you got over the operation so wonderfully well. What a blessing that at last you made up your mind to follow my advice and were operated upon. You could not have waited much longer. I am sending you herewith Silica 12x (unhealing wound), three pills first and last thing, and Silica 200 (unhealing wound), three pills last thing Thursday. On Thursday night replace the routine medicine with a dose of Silica 200. I hope that you will receive these safely and that the doctors and nurses will allow you to take them. I imagine that, with the help of these, the wound will promptly close."

Miss U., although brought up in the orthodox methods of medicine and having worked for orthodox doctors and surgeons for decades, had great faith in my homœopathic medicines. She received the pilules and took them. On April 10th she wrote to me:

"You will be interested to know that I am home and dry and quite cured. The day your pilules arrived was Wednesday week. I was X-rayed that morning with a catheter, and probe stuck in the 'hole' to show where it was. Last time they used the probe I was much

worse. On my return from the X-ray room I instantly took some of your pilules, and I almost immediately began to dry up. By Sunday I had discarded all my cotton-wool dressings for a flannel binder and was able to dress and go to evening service in the hospital chapel. They won't admit that it was the pilules; they even say it was the X-ray or the probe—in fact, they don't know. Only a few days previously they intimated that it might be months before it closed, and as they could not keep me indefinitely they said they would have to send me home with a nurse. The rapid cure rather surprised them. I am thankful to say that I am feeling wonderfully well, considering everything."

The fact the Silica cured Miss U. cannot be doubted for a moment. One could easily collect a hundred cases of similar miraculous cures by Silica from homœopathic literature.

CHAPTER XXXI

FREQUENT MISCARRIAGES

ON April 13th, 1936, I received a letter from Mrs. M., who lived in a town on the South Coast. I had cured her mother, who had been given up by the doctors. A specialist had told the family that Mrs. M.'s mother had, at the most, three months to live. I succeeded in curing her, and all the other members of the family became my patients.

Mrs. M. was an extremely nice and affectionate woman, highly intelligent and able. She was married in March, 1931, and she desired a baby. However, her wishes were not fulfilled. She had a miscarriage in the spring of 1933, after a two months' pregnancy. She became pregnant once more, and aborted after two or three weeks. The third miscarriage occurred after two or three weeks' pregnancy, and a fourth one after a three and a half months' pregnancy.

Mrs. M. was in despair, for she loved children, and was extremely desirous to have offspring. Naturally, she had consulted doctors and specialists and a gynæcologist, and they had done what they usually do. They had examined her, curetted her, and given every possible local treatment, and then had shrugged their shoulders. She had been given many injections and other so-called scientific treatments, and had despairingly come to the conclusion that she was not meant to have a baby, and that her position was hopeless.

I asked Mrs. M. to come up to London, and I saw her on April 22nd, 1936. In my directions I summarised her condition as follows:

"You are 31 years old, have been married for five years and have come to me complaining that you have had several miscarriages after pregnancy of two or three weeks or months, and you have been treated for this disability with scraping of the womb, injections

and other procedures which have not helped you at all, and of which I disapprove strongly. I do not look upon the trouble as local, but as constitutional. For two years after you were married you were continent, animated by an understandable feeling of nervousness and modesty and by a deep sense of religion.

"You started menstruation only when you were sixteen, periods occur every twenty-eight to thirty days, and you lose hardly anything at all, one or two diapers being sufficient. You look extremely healthy but not strong, have a good colour but look and are very anæmic. You have excellent teeth, blonde hair and blue eyes, but you look like an undeveloped girl of fifteen or sixteen. You were an eight months' baby, as a child you had whooping cough and pneumonia very badly, you catch colds easily, get a sinking feeling about eleven o'clock in the morning, feel worst about three or four in the afternoon. You have a poor appetite, do not perspire except under the arms, there is a weakness either in the stomach or abdomen which prevents you walking for more than a mile. Formerly you could walk for many miles. You have very fidgety feet, get flushes in the evening. You used to have dreams of fire. You prefer going about without a hat."

Mrs. M. had a milkmaid's complexion, an ultra-delicate skin, was of the Phosphorus type, and I resolved to build her up physically and nervously. I placed her on a lacto-vegetarian diet with an abundance of bran, vegetables, salading, fruit, cheese, eggs, etc., and decided to give her Phosphorus in various forms because the character of her skin and her general character indicated Phosphorus. I gave her *Calcarea Phosphorica* 3x marked "Strengthening—a dose first thing only," *Zincum Phosphoricum* 3x marked "Strengthening and fidgety feet—a dose last thing only," a combination of *Ignatia* and *Carbo Vegetabilis* marked "Digestion and depression—a dose to be taken before meals," *Ferrum Phosphoricum* 2x marked "Tonic and blood-making—a dose after meals," and *Pulsatilla* 3x marked "Period regulating—a dose between meals."

As I suspected a tuberculous tendency, which might

have been largely responsible for the abortions, I gave her *Bacillinum* 200, a dose to be taken every Sunday night. I told Mrs. M. that I did not want her to conceive until she was in a vastly better condition, and that due caution had to be used by herself and her husband.

Improvement was instantaneous. On April 29th the lady wrote to me: "You will be pleased to know that I have gone on improving, and have not looked back. I really feel that I am on the way to good health at last. When I took tonics, *Hæmoglobin*, etc., they bucked me up for a while, and then I was as bad as ever, but I feel with your treatment the improvement will be permanent. I feel stronger. I have been for two or three mile walks. My feet and legs have ached but not my tummy. I am brighter, and not so given to fits of depression."

I continued with the same medicines, which obviously suited the lady well. On May 6th she reported: "I think improvement is more marked this week even than before. I was put back a bit by trying to have my St. Bernard puppy again, but he did not overwhelm me quite so much. My feet are less fidgety. I feel stronger. My sisters did not see any improvement the first week, but last week they said: 'Well, we must say you are looking extremely well.' My colour is definitely improving, and it is getting more substantial in tone."

I continued the same medicines as before, but gave her in addition diluted *Phosphoric Acid*, an excellent nerve tonic, ten drops to be taken after meals. I told her to do breathing exercises, and she became stronger and stronger. When I took her in hand, Mrs. M. could not walk more than a mile, partly because she felt so weak in the abdomen. On May 21st she wrote to me: "The strengthening process goes forward apace. I walked seven miles one evening last week, and did not feel any pain. Also I do not feel so tired after housework."

I attributed Mrs. M.'s failure to carry a baby partly to the condition of her nerves, the weakness of which was expressed in her fidgety feet, and therefore steadily gave her *Phosphorus* in the form of *Zincum*

Phosphoricum, which is a priceless remedy for fidgety feet and for nervousness. I also gave her Ferrum Phosphoricum 2x, a combination of Iron and Phosphorus, because she was extremely anæmic. For her depression and nervousness, I gave her Ignatia in various forms, especially in the form of Phosphoric Acid and Ignatia combined. Last, but not least, I built her up and strengthened her system by inducing her to take adequate meals, composed not of the refined and tasty foods of civilisation, but of natural and entire foods such as bran, wholemeal bread, eggs, milk, cheese, raw fruit, salading and so forth, and I had forbidden her to take strong tea and coffee, to which the nervous readily fly. These do not give strength, but merely excite and weaken. Her periods became gradually better, strength became greater, and she became a radiant, healthy and strong-looking woman with merely a tinge of anæmia.

On July 2nd my patient reported that during the last period the flow was slightly better in quality and quantity. Medication was continued as before, but I interpolated medicines for each trouble as it arose. For instance, when she complained about bearing-down pains, I sent her Sepia in various potencies; when she complained about weakness and fatigue, I sent her Arnica; when she complained about weakness of memory, I sent her Anacardium.

At the beginning of the treatment she had frequently complained about pronounced feelings of internal weakness. Women who have the feeling of internal weakness cannot bear children, especially heavy children. This sense of weakness had to disappear before she was able to have a baby. I gave her womb-strengthening medicines such as Cimicifuga, which is an excellent preventative of abortion, and occasionally I gave her a dose of Bacillinum 200, because I feared a tuberculous taint. Tuberculous women and women of the Phosphorus type readily abort. Then she produced what is called Membranous Dysmenorrhœa. In this complaint the woman loses at period time not merely blood, but large pieces of skin torn off from the internal lining of the womb. For

this complaint Mrs. M. had been curetted, an incredible proceeding under the circumstances. Curetting is a reprehensible measure in all cases, particularly when nature does her own curetting by causing a woman to discharge the lining of the womb in large pieces, as was the case with Mrs. M. Later on I discovered that the skin between her toes was apt to peel. This is a symptom indicating Silica, an admirable remedy for strengthening the weak. Therefore, I gave her Silica in various potencies.

On September 13th Mrs. M. reported: "As regards my period, the discharge is a better colour, and there is hardly any trace now of membranes. I have no longer any queer feelings before the period occurs. Stomach and bowel gas is now entirely absent. The urine is still a little cloudy, skin between the toes still peels, though not nearly so badly as before. Nerves are steadier."

The building-up process by means of the remedies mentioned was continued, but as the general building-up had been very satisfactory. I resolved to go a step further and to concentrate upon strengthening her womb, which was obviously very weak and flabby. I therefore gave her *Caulophyllum* 1x in alternation with *Helonias* 1x, both described as womb tonics on the boxes in which they were contained. Needless to say her bowel was carefully regulated with paraffin and with large quantities of bran. Then she had an ulcer on the eyelid, for which I sent *Calcarea Arsenica*. The lady became totally changed in character, was no longer flabby, nervy, and more or less hysterical. She became a sturdy woman, but there was still considerable nerve weakness, and as she told me that she was upset by standing, Sulphur was clearly indicated. I gave her Sulphur 6x to overcome this weakness, and *Asafoetida* to improve her digestion and her nerves.

On October 26th Mrs. M. reported to me that she had added a good deal of weight, but that she was keeping her weight on the level by working very energetically in the garden, and she concluded the letter with the words: "Many people have remarked this week how well I am filling out and I am looking all the

better for it. We cannot help contrasting my present appearance with my appearance as I looked when I returned from Spain. I thank you for the vast improvement which you have effected, and which goes deeper than mere looks." Then she told me that she was afflicted with the very unpleasant symptom of a lump in the throat, which compelled her to swallow all the time. For this symptom I sent her *Lachesis* 6, which rapidly eliminated this trouble. I went on steadily giving her *Caulophyllum* and *Helonias* to strengthen the womb.

About the middle of 1937 she felt so well that I told her to abandon attempts to prevent conception, because I was convinced that she was now able to have a baby and to bear it the full time. Shortly afterwards she wrote to me: "At last you are going to prove that you can help me have a son and heir. I shall be very disappointed if you don't. Can you see me to-morrow morning, if possible? I missed my first period on September 4th, so that I imagine I am now about nine weeks pregnant. On September 4th we went motoring in Scotland, and toured for a fortnight, doing about 150 miles a day. I wondered what would happen, but I stood it very well. Appetite is nil, I have no desire for food and cannot eat much. I have lost seven pounds in weight. I have a general feeling of weakness. I don't feel like walking or working. I feel best in bed with a hot-water bottle. I feel chilly all the time, in fact I have felt so rotten that I wished I would miscarry and be done with it, so that I could feel well again."

That despondent letter was the perfectly natural expression of her feelings. I saw Mrs. M. on October 12th, 1937. After our interview I wrote to her: "You wrote me a despondent letter telling me that you were pregnant, and that you suffered intensely, had no appetite, had nausea and sickness, felt rotten, desperate, etc. I feel fairly certain that your trouble is due, not to the pregnancy, but to a chill in the abdomen, and therefore I wrapped you up with a piece of brown paper. Chills in the stomach cause weakness, lack of appetite, nausea, constipation, all of which you were

troubled with. I examined your womb, and found everything quite normal.

"Like your mother, you have a tendency towards anæmia, and you are distinctly anæmic. If you go on underfeeding you will get into very serious trouble, because gestation and delivery would be greatly hampered. I do not want you to take scraps of food as you are doing now. You live chiefly on numerous cups of tea, without sugar. You must get rid of your bloodlessness. Please remember that all the dark vegetables are rich in iron; for instance, spinach is extremely rich in iron, swedes contain much more iron than turnips, and so do deep orange-coloured yolks of eggs; pale ones are useless. Dark sultanas are rich in iron, and so are black currants, blackberries, raspberries, etc. Dark red wine is rich in iron. I would like you to arrange your diet very largely by your own inclination, choosing the foods rich in iron. Please remember that bran is especially rich in iron. I want you to take bran in large quantities. Black treacle also is extremely rich in iron and is laxative. I would like you to take three good meals a day."

In order to overcome her nausea, I sent her a combination of *Symphoricarpos* 3x and *Natrum Muriaticum* 200, and sent her *Ipecacuanha* 3x as an alternative. I gave her Thyroid in one grain doses to improve her appetite. Before long there was improvement. The nausea and vomiting disappeared, and in order to overcome her anæmia and her weakness I sent her China Bark in mother tincture tablets, and *Ferrum Phosphoricum* 2x. In order to prevent abortion I gave her between meals *Cimicifuga* in mother tincture, and *Sabina* 3x.

On November 5th Mrs. M. reported: "I have definitely improved. I have eaten more, I am less shaky on my legs, and have now more colour. I am having Burgundy twice a day on your recommendation. I still feel sickish in the evening, but sleep well. I am not so depressed, digestion is quite good. The people are shocked at the change in my appearance, but I am hoping to be much better soon."

She was a plucky woman, and she was determined

to have a good fight. I gave her Ignatia 3x in frequent doses, for depression, and continued the medicines previously mentioned, giving particularly frequently Cimicifuga and Sabina to prevent abortion. She improved speedily.

On December 2nd she reported: "Indigestion has improved, there is no depression now, motions are easy and regular, appetite is quite normal." On December 9th she reported: "Still good news! My appetite is good, my digestion is good, my motions are regular and easy, my nerves are usually quite good. I can do all my normal duties of housework, etc., now and still feel quite fit; sleep is much more restful. I now reckon I am seventeen weeks pregnant, so should feel the quickening any day now."

I now sent her Calcarea Phosphorica in frequent doses to strengthen both her and the baby in her womb, and gave her weekly doses of Bacillinum 200 because of the suspected tuberculous tendency. She became so energetic that she overstrained herself, and on December 29th she reported: "I was very stupid yesterday, and ~~overstrained~~ myself with housework. I am only hoping I have not done any serious damage, though there is no pain, discharge or anything. Otherwise I am very well. In fact, friends of mine who were down for a holiday, and who have known me for ten years, said: 'We have never seen you more fit.' I am worried and fidgety and frightened that I may have harmed myself by over-working yesterday."

I replied: "It was very wrong of you to overstrain yourself with housework, running a frightful risk unnecessarily. You should be more fond of your baby and your happiness than of your furniture, or whatever you attended to in the house. As you have a sore ~~pain~~, I am sending Arnica 3x. A few doses should relieve that trouble."

I occasionally saw Mrs. M. at my house in Hove, and was thoroughly satisfied with her appearance. On January 14th Mrs. M. reported: "I think I am getting along marvellously. I am looking better in colour, and feeling more full of energy than I was. I have a better appetite, but still feel frightfully full after meals,

especially the mid-day meal. I have restless, broken sleep, but what I do get must be good as I do not feel too tired in the mornings. My main trouble now is when I am walking I feel as though I ought to hold my tummy up in case the baby should fall. I feel breathless, fat, unable to walk far or go quickly, and feel an inclination to double up as I walk. Therefore I do very little walking. I find it hard to believe that I am starting my sixth month of pregnancy now."

I gave her every possible encouragement in my letters, and sent her *Calcarea Phosphorica* 3x for strengthening her, especially as she complained about weakness of the ankles. That remedy is excellent for strengthening ankles and back. Moreover, I encouraged her to eat adequately of the right foods. To improve her appetite I gave her *Gentian* mother tincture, 10 drops before meals. Then came letters in which she complained about the usual feeling of weakness, heartburn, etc., for which I sent her the indicated remedies, and gave her *Caulophyllum* 1x for strengthening her womb. Then she complained about irritation of the skin, which is not infrequent in pregnancy, but this was relieved by doses of *Sulphur* 6x and *Dolichos* 1x.

At last it became clear that delivery was not very far away. On March 16th Mrs. M. wrote to me: "I think you would be interested to hear the specialist's verdict when he saw me to-day. He said 'everything is quite normal.' Isn't that good? The baby is in the correct position, head towards the pelvis. My water was pronounced quite clear, my blood pressure was normal and my measurements were quite normal too. He said my nipples were small, but could probably serve their purpose. I determined I would be above-board, and let him know to whom the credit of the success of my fifth attempt at having a baby was due, and told him how I had come to you because you had saved my mother. He was quite interested and understood why I had faith to put myself in your hands after that. How unusual to find a medical man ready to see any good in anyone outside his profession."

Although Mrs. M. was approaching the moment of

delivery, she felt strong, energetic and happy, she worked hard in house and garden, and helped her husband in his business. A few weeks later she reported: "Once again the report of the gynæcologist was absolutely satisfactory. No signs of any abnormality anywhere. Hurray! It is now only five weeks until the great moment comes."

On April 16th she wrote: "Here I am at last in the very last month of waiting. It looks as if I shall go right through the full term, which is a very great triumph indeed. To have a baby at all speaks worlds for your methods, but to have a full-term one, with no difficulties and abnormalities, is a real marvel, isn't it?" On April 24th she wrote: "I am wonderfully fit, and look the picture of health. Everyone I meet says: 'You do look well!' and my sister asked me whether I had been away on a holiday, I looked so red and tanned."

On May 5th a healthy baby boy was born, weighing six and a half pounds. Everything had been normal. Mrs. M. and her family were delighted, and so was I.

Then she complained about cracked nipples, for which I sent her Graphites 3x and Phytolacca mother tincture tablets. On May 14th she wrote to me: "You are a darling. I had my baby in the Maternity Home. You know, in a place like this, unless you howl and make a fuss, you get no attention. If you simply hang on to the end of the bed with each pain, and make no sound, they just leave you to get on with it. I was in hard labour from midnight Wednesday until six p.m. the next day, and no help did I get beyond one lot of injections in the morning, which I beseeched from the doctor. Another lady who came in the other night was in labour exactly the same time as I was, but she howled the whole time, with the result that she had someone with her all night and all day. I said to my mother, 'It doesn't pay to be too quiet in this world.' Next time I shall howl from beginning to end. Wouldn't you?"

"Next time I hope to have it at home. I assure you. Then I would have a nurse and a maid in constant and loving attention, and what a difference that makes.

Then again, with the breasts, they did not give hot fomentations and glycerin massage, which you advised, until after two days of torment. They put the baby to these hard breasts and tiny nipples, and made him grab and grab and grab again for half an hour at a stretch, and then he got nothing.

"I broke down and wept, and then, and not till then, did they do anything for me. However, I have been laughing up my sleeve. They never guessed that I had a little medicine chest in my innocent-looking hand-bag, which contained your medicines. When I came in I brought all of them with me, and I took Arnica 3x all through labour. Then I took your indigestion tablets and your rheumatism pills, and now I have your nipple medicines, and the greatest joke of all is this, that since I have had your last medicines everything has improved so rapidly that they cannot make it out. They said about the piles: 'Oh, they are much better to-day.' Then a little later, 'They have almost gone now, how well they've improved.' They also remarked about the improvement in my breasts, and one of them said: 'I never thought you were going to feed your baby, the breasts were so bad.' Of course, I tell my visitors how I managed, and they laugh at my medicine chest, and they go on to say how wonderful your treatment is, and I quite agree."

Mother and baby have done magnificently since then.

CHAPTER XXXII

A FOX TERRIER'S HEART DISEASE

ON February 24th, 1936, Miss A. H. F., living in Kent, wrote to me that her little dog was in a very dangerous condition and asked me to help her. She wrote: "The vet. here says my little dog's heart is in a very bad state. She has a fatty heart and the dog is so fat and I do so want her to be treated homœopathically. The little patient is about three years old, and the vet. says I shall not have her for long. There is no other disease or anything else wrong with her but the heart and fatness."

It seems extraordinary that a trained veterinary surgeon has no advice to offer for a little dog who suffers from so-called heart disease and obesity. Where the two things are found in combination, the anomalous condition of the heart, but not necessarily heart disease, is usually due to masses of fat pressing on the heart, and the logical treatment is to cut down the diet of the two-legged or four-legged sufferer. Further, the heart should be given some support by a suitable tonic. In reply I asked the lady to give the animal as much water to drink as she liked, and to feed her on the minimum of raw meat and nothing else. I sent her at the same time a box of Crataegus mother tincture, one tablet to be given every two hours.

My letter was written on the 26th, and in reply the owner wrote, emphasising the position: "The veterinary surgeon here who examined her says she has a fatty heart and is too fat, although she is not nearly so fat as I have seen some of the terriers of her size. He says there is no other disease of any kind or anything else wrong, and as she is only three years old, am very hopeful she will get right again in time."

As it was not quite clear to me whether Crataegus was the right remedy I sent her as an alternative

Cactus 1x, which is particularly indicated if there is a constrictive pain in or around the heart. The need of Cactus seemed particularly indicated because the little dog could not run any longer, and was obviously seized with great discomfort or pain on walking.

On March 3rd, after four days' treatment, the owner wrote: "I am so pleased to tell you that my little dog seems much better. She is not now so listless as she was, and goes up the garden more quickly. She went for a ten minutes' walk on the lead, and slowly, and was not nearly so tired as before. She has now a dry cough, particularly in the mornings. The vet. here said it was due to the heart trouble."

It seems of little use for a doctor or veterinary surgeon to make a so-called diagnosis unless it is followed by practical advice. The vet. might at least have given the dog something for her dry cough. As the character of the cough was not clear enough, I sent Bryonia 3x and Hyoscyamus 3x, each to be tried by itself, two pilules to be given as needed, and asked Miss F. to concentrate upon the more helpful remedy.

On March 11th, after a fortnight's treatment, Miss F. wrote: "I am so pleased to tell you that my dog is much better and more lively. I find that the medicine for her named Cactus seems to suit her best." I sent some more Cactus 1x, and on March 15th, after eighteen days' treatment, the owner wrote: "The improvement in my little dog is wonderful. She is quite lively again, does not tremble nearly so much, is ready for her little walk, and in fact it is a job for me to stop her running at times, so I put her on the lead, as she is so much better. Her cough hardly troubles her at all now."

Curiously, I, who had not seen or examined the dog, did better than the local veterinary surgeon who had seen and examined the little thing.

I had hoped that the little dog had been permanently cured, and had forgotten all about the case. However, Miss A. H. F. wrote to me again on November 8th, 1937, a year and eight months after the dog had recovered her health, that the fox terrier was once more in trouble. She wrote: "You will remember no doubt

that I wrote to you about my dog in February, 1936. She has now got a very bad turn, and I have had to have the vet. again, and he tells me she is very bad indeed; she has such a lot of fat around the heart and a lot of fluid, and instead of her heart hanging as it should, it is pressed upwards, and she cannot get her lungs inflated properly, and he said it was a job to get the pulse. He says the heart is not diseased and it is the fat and the heart being squeezed up and not able to beat freely. He has given me medicine, but I am not giving it to her.

"She does not seem to pass much water though she seems full of fluid at bottom part of her stomach. The vet. has order soda and milk, groats, milk pudding and custard, a little at a time, and she is to be kept perfectly quiet. Also a teaspoonful of gin in a dessert-spoonful of warm milk last thing at night, as this will help her kidneys, and this I am giving her until I hear from you."

For some reason or other the dog had a bad set-back; possibly because there was organic heart disease; possibly because she was wrongly fed. I sent Digitalis 3x marked "Water in tissue and heart," two pilules every two hours, and Sulphur 6x marked "blood-clearing," one every two hours. She was to give the Digitalis and Sulphur in alternation. Digitalis, which is given by orthodox doctors for heart disease pure and simple, is given by homœopaths, as a rule, when heart and kidneys are involved, when in consequence of the kidney trouble urination has come more or less to a standstill, and water accumulates in the tissues, causing dropsy. As the animal was too stout, I told Miss A. H. F. to give her as much warm water as she wanted, coloured with milk if liked, but no solid food. She was to report to me in a few days the effect of the restricted diet and the medicine.

On November 11th, after scarcely two days' treatment, Miss A. H. F. wrote: "We have carried out your instructions and are very pleased to say she has made good progress, in fact she has really surprised us to-day by the way in which she has moved about in the house, whereas previous to this she has only wanted

to keep in her basket, her breath and cough being so bad you could see it was difficult for her to move. The cough is much better and she has only short spasms of it when she gets excited with anyone coming in, and her breath is not nearly so short and troublesome or offensive as it was. She still trembles a good deal at times, particularly the front legs. When lifting her up I find she does not feel so full and hard and heavy as she did."

I have found that Digitalis 30 frequently acts extremely well on both heart and kidneys, and that it is extremely helpful even in cases of dropsy of long standing. On November 12th I sent Digitalis 30 marked "Water in tissues and heart," two pills to be given last thing only, while a dose of Sulphur 6x was to be given first thing only. In between the dog was to have each day two doses of Bryonia 3x, marked "Wheezing," Bryonia being a great remedy in cases of bronchitis. The later medicines came into use on November 13th, and on the 21st the owner of the little dog wrote to me:

"I am more than thankful to tell you she is very much better, quite lively at times and wants to run, passes more water and the bowels act all right. She has almost lost her very distressing cough. The vet. has seen her since, and was absolutely astonished at her improvement. He told me he really did not think she would pull through. Of course he thinks his medicine has done it."

Obviously the animal was responding splendidly to treatment. I sent Digitalis 30, doses last thing only, and Sulphur 6x, doses first thing only, and because of the difficulty which the dog experienced in bringing up phlegm, I sent Antimonium Tartaricum 3x marked "Sticky phlegm," a dose twice a day between meals.

A week after this the fond mistress told me that the dog had been sick and had brought out slimy bright yellow matter and that she yawned a great deal. Apart from this, she seemed to be doing very well because Miss A. H. F. told me: "I am very pleased to report that she is very much better and hardly coughs at all now. She has much more life in her, but she does not

seem very strong, and still has the trembling at times and is very nervous, startled at the least noise. She also has a bit of flatulence, particularly after her meal."

I told the owner to give the little dog not dog biscuits, but toasted wholemeal bread mixed with vegetables. I now sent her for the dog some Ignatia 3x, an occasional dose to be given because the little animal seemed to be rather nervy.

On December 12th the owner wrote to me: "On Friday night she was sick once in the night, rather yellow frothy stuff. Better on Saturday, but not right, very sick four or five times, first yellow and then white froth, wanted cold water, which I gave, and each time brought it up with the froth."

The symptoms described suggested very strongly the need for Phosphorus. It is one of the leading symptoms that the patient craves cold drink, which is vomited as soon as it gets warm in the stomach. I therefore sent Phosphorus 3x marked "Vomiting, desire for cold water, 3 as needed," to be given in alternation with Ipecacuanha 3x marked "Vomiting with clean tongue." Once more the medicines given had excellent results. On December 19th Miss A. H. F. wrote: "My little dog is very much better. There have been no signs of the vomiting the last two days, and I have to-day started giving her Bryonia."

I continued giving in alternation Phosphorus 3 and Ipecacuanha 3x with interpolation of Bryonia 3x, marked "Wheezing"—if the animal should wheeze.

On December 27th the owner wrote: "I am very thankful to say that my little dog is much better and I have not had to give her any more of the vomiting medicines as there has been no sign of a return of this. She has very little wheezing now. I did find the Digitalis 30x last thing at night, seemed to do her a lot of good."

very much running. This is very different to what she has been; she soon seems to get tired out with walking. I think the Digitalis 30 suits her better than the Bryonia 3x as she seems more lively now; she still keeps yawning a lot, and also now and again has the choking, but very seldom now, and no wheezing and no sign of vomiting."

It was now obvious to me that, as shown by the symptoms, the little dog's liver was out of order, and needed stimulation. I therefore sent a box of Podo-phyllum mother tincture pilules, one to be given to the little dog with meals. On January 23rd Miss A. H. F. reported: "I am very pleased to tell you that my little dog seems to be doing quite nicely now. I have been giving her the liver medicine as well, and she does not yawn nearly so much. She is just now on heat, a month later than I expected, so I am unable to take her out, but when she last went out she seemed quite lively and able to run nicely. I do thank you most sincerely for saving her life, as I feel sure she would have gone under had she not had your medicines."

The account of the case of the little dog is interesting, for a number of reasons. Veterinary surgeons are only too ready to give up an animal patient, especially if the animal is small and of relatively little value. Further, veterinary surgeons are guided by their textbooks and give one or two medicines, and if these medicines do not cure, the owner is told that nothing further can be done, and that the animal should be painlessly put to sleep. In this case I gave not merely one or two medicines, but a considerable number, guided all the time by the principal symptoms which obviously called for counter measures.

THE MYSTERIES OF HOMŒOPATHY

IN the body of this book I have described many medicines in terms which are unfamiliar to the general reader and to orthodox doctors. I have mentioned that I employ Sulphur 6*x*, Arsenicum 3, Baptisia 1*x*, Bacillinum 200, etc., and I feel that I owe an explanation to the uninitiated.

Homœopathic medicines are prepared by rubbing up the solid drugs in a mortar, a method which is called trituration. The most thorough trituration is needed during hours and hours to grind down the drugs into the most fine particles. If we wish to potentise Sulphur so as to give it the homœopathic form we put into a mortar one grain of Sulphur and add to it nine grains of sugar of milk. This mixture is triturated for an hour and the powder resulting is called the 1*x* potency. The *x* is equivalent to the Latin ten. The 1*x* potency is the first decimal potency.

If we wish to make what is called a higher potency then the skilled chemist throws away nine grains of the mixture and mixes the remaining grain, which contains one-tenth of a grain of Sulphur, with nine grains of milk sugar. He triturates this mixture thoroughly for an hour and then he obtains the second decimal potency, which for brevity's sake is called the 2*x* potency. He can go on a number of times and can produce, in the way indicated, the 3*x* potency, the 4*x* potency and so forth.

Sometimes medicines are prepared on the decimal scale and then there is after the figure 2, 3, or whatever the number may be, an *x* to indicate the method of preparation. Medicines may also be prepared in the centesimal potency. In that case one grain of Sulphur is mixed with ninety-nine grains of milk sugar and trituration after an hour produces the first centesi-

mal potency, which for brevity's sake is called the first potency. It is written Sulphur 1. If a higher potency is called for, then ninety-nine grains of this triturated mixture are thrown away and the remaining grain, which contains a one-hundredth grain of Sulphur, is mixed with ninety-nine grains of milk sugar and thoroughly triturated, which produces what is called the second potency, and in each grain of the mixture will be contained a ten-thousandth part of a grain of sulphur. This medicine is written Sulphur 2.

When trituration has been performed a number of times the drug potentised becomes colloidal and becomes soluble in water or in spirit, even if it is considered insoluble. Thus minerals, such as sulphur, and metals, such as gold, become soluble and the fragments of the drug can be divided into still smaller fragments by dissolving one grain of the mixture triturated in a mortar in ninety-nine grains of water or of spirit. The very high potencies such as the 200th, 1,000th and 10,000th potencies, etc., are prepared by dilution in water or in spirit and the dilution can be converted into sugar pills by moistening sugar pills with the dilution.

There are liquid medicines in homœopathy which are called mother tinctures. These mother tinctures are the strong tinctures in the most concentrated form. There are liquid medicines such as Iodine and the juices of various plants such as Pulsatilla. If one drop of a liquid medicine, such as the Tincture of Iodine or the Tincture of Pulsatilla, is shaken up in nine drops of water or spirit, then we obtain the 1 \times potency of a liquid medicine. Then we can dilute it still further by throwing away nine drops and mixing the remaining drop with nine drops of water or spirit and, shaken up, this will give us the 2 \times potency. If, on the other hand, we wish to dilute, or potentise, a medicine on the centesimal scale, then we mix one drop of Iodine or Pulsatilla, or whatever the tincture might be, with ninety-nine drops of water or spirit and, thoroughly shaken, this produces the first centesimal potency, which for brevity's sake is called the first potency. We produce the second centesimal potency by throwing

away ninety-nine drops of the mixture and adding to the remaining drop ninety-nine drops of water or spirit and thoroughly shaking it. Thus we produce the second centesimal potency which, for brevity's sake, we call the second potency, written Pulsatilla 2, Iodine 2, etc.

It would take weeks to produce a very high potency by hand. Therefore automatic machinery has been invented, with the help of which one can produce very high dilutions, such as the 10,000th, 20,000th and 100,000th potencies. To produce the 10,000th potency a drop of the mother tincture is put into a little bottle which, when filled, will contain 100 drops. The bottle is automatically filled with water, then shaken up and then emptied all but one drop. As soon as it is emptied a little tap starts running, it fills the bottle, which is automatically stoppered, and then shaken, and this procedure is repeated a thousand times or 10,000 times until the machinery is stopped. A dial registers the movements of the machine, which will produce high and very high potencies, working day and night.

It would have given me the greatest pleasure to describe in detail the functioning and capacities of the principal homœopathic drugs, but this can be done only in a special volume or in special volumes. Those who wish to study the use of homœopathic drugs should buy a good materia medica.

There is a considerable number of such books in existence. The handiest is the *Pocket Manual of Homœopathic Materia Medica* by William Boericke, M.D. It is published by Boericke & Runyon in New York and can be obtained from the Homœopathic Publishing Co., Ltd., 24, St. George Street, Hanover Square, London, W.1, at the price of 55s. This is a compact volume of 1,042 pages, printed in clear type on India paper, and it contains a materia medica, in which the drugs are alphabetically arranged and fully described so that study of the drugs is easy. Under the heading of each drug all the symptoms are enumerated and the disorders for which the drug can be employed. There are symptoms of the mind, head, mouth, throat, stomach of the male and female sex organs, etc. In

addition his excellent volume contains what is called a repertory, in which all the principal symptoms are enumerated and against the symptoms the drugs are mentioned which come into consideration. The symptoms are arranged under headings such as "Symptoms of the Mind," "Symptoms of the Head," "Symptoms of the Eyes," etc., and under a heading such as "Symptoms of the Head" we find sub-sections such as Brain, Cerebral disease, Headache and so forth and so on. There are *Materia Medica* of every size. Some of them are printed in ten large volumes. The beginner would do well to start his study by using a smaller book, such as the one mentioned.

Everyone who wishes to study homœopathy has the desire to treat cases at once. Theoretical study of the *materia medica* is tedious, especially if we wish to treat cases. There are a number of practical books which will help the beginner who wishes to treat without delay. My favourite book of treatment is *The Prescriber*, by John H. Clarke, M.D. It has gone through nine editions and has been published by The Homœopathic Publishing Co. at the price of 10s. 6d. The book is preceded by an essay of seventy-six pages on "How to Practise Homœopathy," and it contains an alphabetical list of diseases with an enumeration of the indicated remedies. It starts with abdomen, abortion, abscess, accidents, acidity, and ends with headings such as wounds, writers' cramp, wry-neck, yawning, yellow fever. zona.

The letter "f" signifies "and following page ; the letters -
"and following pages."

- Acidosis, 118
 Aluminium, 107, 120 f., 160
 Angina pectoris, 166 ff.
 Antrums, 61
 Apoplexy, 240 ff.
 Appendicitis, 94
 Arsenic in fruit, 109
 Arteriosclerosis, 172 ff.
 Asthma, 212

 Birth injuries, 32
 Bladder prolapse, 232 ff.
 — trouble, 191 ff.
 Blindness, 79, 203 ff.
 Blood pressure, high, 19 ff.
 166 ff.
 Brain injury, cure of, 22 ff.
 Bran, 111 ff.
 Bread, 108
 Brilliant cures, 72
 Bromide and luminal, 73
 Bronchitis, 240 ff

 Cancer, 32 ff., 69 f., 248 ff.,
 260 ff
 — breast, massaged away,
 18
 — curability of, 269 f.
 — Ellis Barker's book on,
 128 ff.
 — recurrent 277 ff.
 Catarrh, 61 ff.
 — chronic, 181 ff.
 Childlessness, 90
 Clarke, John H., 73
 Coma, 170 ff.
 Condiments, 116 ff.
 Constipation, chronic, 159 ff.
 Consultations, 21 ff., 124
 — disadvantages of, 124
 Cures, brilliant, 72

 Deafness, 180 ff, 203 ff.
 Diabetes, 220 ff.
 Diagnosis, 27 ff.
 — orthodox, 74
 Diet, 79, 107 ff.
 — importance of, 36 ff.
 Dieting, importance of, 24 ff.
 Digitalis, 46
 — danger of, 170 ff.
 Diphtheria, 59 f.
 Disease, skin, 62
 Diseases, incurable, 23 f, 33
 84
 Disseminated sclerosis, 80
 Doctors and priests, 126
 Duodenal ulcer, 300 ff.
 Dyes in food, 108

 Ehrlich, 54
 Emaciation, treatment of, 113
 Epilepsy, 57
 Eyeball, ulcers on, 201 ff.
 Eye diseases, 203 ff.

 Fees, professional, 122 ff.
 Feet, 80
 — odorous, 15, 62
 Fibroid tumour, 26, 89 f.
 Fissures, 298 f.
 Fistula, 64 f, 294 ff.
 Forceps, misuse of, 32
 Fox terrier's heart diseas
 318 ff.

 Giddiness, 203 ff.
 Glaucoma, 205 ff.
 Grass green woman, 104

 Hæmorrhoids, 166 ff.
 Hahnemann, 66, 71
 Headache, 78 f., 203 ff.

- Headaches, frontal, 60
 Heart disease, 114 f., 133 f.,
 169 ff., 240 ff.
 Heart disease, a fox terrier's,
 318 f.
 Hippocrates, 82
 Hot liquid, 115 f.
- Incurable diseases, 23 f., 33,
 84
 Insect sting, 177 f.
 Instruments, scientific, 133
 Insulin, 220 ff.
 — antidote to, 226 f.
 Interviews, medical, 21 f.
- Kellog, John Harvey, 107
 Kidneys, a germ in the,
 245 ff.
- Lane, Sir W. A., 7, 128
 Latin disease, names, 85
 Liquid, hot, 115 f.
 Luminal and bromide, 73
 Lungs, cancer of, 238 ff.
 Lycopodium, 51 f.
- Medicine, fashions in, 46 f.
 — teaching of, 8 ff.
 Medicines, proprietary, 46 ff.
 Menière's disease, 228 ff.
 Minimum dose, 51
 Miscarriages, frequent, 307 ff.
- Nervous diseases, 73
- Obesity, 232 ff.
 Odorous feet, 15, 62
 Oesophagus, cancer of, 262 ff.
 Opium, 46, 170
 Osteomyelitis, 98 ff.
- Phosphorus, 322
 Piles, 166 ff.
 Plethora, 19 f.
 Professional fees, 122 ff.
 Prolapse of bladder, 240 ff.
 — — womb, 232 ff.
- Proprietary medicines, 46 ff.
 Prostate cases, 191 ff.
 Psoriasis, 209 ff.
 — and tuberculosis, 212 ff.
 Psychology, 82 ff.
 Putrefaction, intestinal, 251
 Pyrogen, 176 ff.
- Quinine, 46
- Rheumatism, 69, 118, 137 ff.
- Salt, abuse of, 116
 Sarcoma, 231 ff.
 Scars, 96
 Sclerosis, disseminated, 80
 Septic poisoning, 176 ff.
 — throat, 59
 Sex relations, 11 ff.
 Silica, 63 f., 96
 Skin diseases, 62, 209 ff.
 Spleen, enlargement of, 139 ff.
 — importance of, 105
 Stroke, 240 ff.
 Study of medicine, 126 ff.
 Sugar, refined, 116
 Surgery, misuse of, 91 ff.
 Syphilis, 23
- Teeth, decay of, 110
 Throat, cancer of, 271 ff.
 — septic, 59
 Tobacco, 117
 Tonsils, 92
 Tuberculin, 54
 Tuberculosis, 29 ff., 134 f.,
 146 ff., 166 ff.
 — of face, 17
 — and fistula, 163 ff.
 — — psoriasis, 212 ff.
 Tumour, fibroid, 89
- Ulcer, duodenal, 300 ff.
 Ulcers on eyeball, 201 ff.
 Untruths told by patients,
 11 ff.
 Uræmia, 19

INDEX

333

Vaccinial poisoning, 211 f

Vegetarianism, advantage
of, 110

Wasserman test, 28

Water softeners, 120

Womb, cancer of, 268 ff.

— prolapse of, 232 ff.

— tumour of, 26

— weakness of, 161 ff.

Wounds, unhealing, 303 f

X-ray injury, 100 ff.